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LIFE



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'My Beautiful Little Burns Survivor'



'I Adopted My Murdered Sister's Triplets'



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The 'Tip Of The
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BODY
SPECIAL!
How
Khloé
Got Her
Body Back



THEN

NOW

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LiLo Britney Jada



Julia & Kate
Marriages On
The Rocks



Scott
Headed
To
Psych
Ward?



Caitlyn's
Gold-Digging
BFF



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Fabulous
Fashion
& Beauty
Trends



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How To Deal With JEALOUS Colleagues



PEOPLE
EXCLUSIVE
PICS!

Jada And Willow's Day In The Sun

JADA PINKETT SMITH made all the other beach-goers green with envy when she flaunted her fabulous bikini body on vacation in Hawaii with her daughter, **Willow**. The *Gotham* star, who is married to **Will Smith**, also took to Instagram to share images of their beach day. She captioned a snap of the two, with **Willow**'s head on her shoulder: "Mother And Daughter Time."



Bruce Willis: Life Of A Hard Man

BRUCE WILLIS was recently spotted on set and clearly doesn't care that he is supposed to be a tough guy. The veteran actor looked like he was having the time of his life when he scooped his three-year-old old daughter Mabel into his arms and kissed her on the cheek between takes on the set in the trendy Venice area of Los Angeles. He was also seen taking particularly good care of his bald head, first with a hat, but later, rather comically, by having sunscreen slapped on by an assistant. The *Die Hard* actor is not allowing his age to slow him down at all, as after this project he is already lined up to start filming three different films including a Second World War flying epic *The Bombing*, a spy caper called *Extraction* and an as yet untitled **Woody Allen** project.



Crumpets **GALORE!**

IF YOU WATCHED THE second season of Clover's *Little Big Cook Off* you would have seen the contestants make these delish sweet-and-savoury crumpets. Give it a try with your kids!

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**Don't forget to watch
season 2 on Sundays at
16h30 on SABC 3.**

Ingredients

CRUMPETS:

- 280g (500 ml) cake flour
- 20ml baking powder
- 2ml salt
- 20ml sugar
- 2 large eggs
- 350ml Clover Fresh Full Cream Milk
- 25ml (25 g) Clover Mooi River Butter, melted
- 50ml sunflower oil, for cooking

ADDITIONS:

- 250g streaky bacon or macon
- 4 bananas, peeled and sliced in 3, lengthways

Directions

- Place the bacon or macon on a wire rack over a tray. Place this on the top level of your oven and turn on the grill to 160°C. Cook for 10 minutes until crispy.
- In a large mixing bowl, sift together the dry ingredients, then set aside. In a measuring jug, whisk together the eggs, Clover Fresh Full Cream Milk and Clover Mooi River Butter.
- Using a whisk, slowly incorporate the egg mixture into the flour mixture until it's a thick smooth batter, then set aside.
- Add a little oil to your frying pan; add two slices of banana to the pan quite far apart, allowing space for spreading.
- Place a tablespoonful of batter over the bananas to cover them; allow to cook for two to three minutes per side, until golden.
- Once bubbles start to appear and pop on the surface, the crumpet is ready to turn over.
- Using a spatula, flip the crumpets over and allow to cook through.
- Place in a warm oven and when they're all ready and serve with maple syrup and crispy bacon.

CRUMPETS! Let's be honest, they're perfect for that lazy Saturday lie-in. For more scrumptious recipes from Clover's *Little Big Cook Off*, find this and other mouth-watering meals on the *Cook with Clover App*. So, what are you waiting for? Grab your spatula and let's get cooking!

**Download the *Cook with Clover App*
for more tantalising recipes.**



In This Week's Issue : #What's Trending

BY ANGELA BEKIARIS

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ANOTHER week in Celebville to get us talking, laughing... and, of course, hashtagging!

#CelebNews

#OurFavesThisWeek

#HollywoodMemories

#PeopleMagLovesIt



#NoJonasBlood

Monday: #MCM (Man Crush Monday)

HAVE you set eyes on Joe Jonas these days? While we all know brother Nick Jonas is looking sizzling hot, we are drooling over Joe this week – it's no wonder he's got his hands on the most gorgeous girl in showbiz at the moment, Gigi Hadid. The singer has grown into quite a hottie and clearly spends a lot of time in the gym. We're oh-so-grateful.

Tuesday: #TBH (To Be Honest)

WE spotted Jenny McCarthy out with pink hair recently – and while for some, that's a little strange, the star looked quite sexy, to be honest. Maybe it's because her sex appeal shines through with pink hair or not, but whatever the reason, it sure grabbed our attention – and not just because of the brightness. She could even pass as Katy Perry for a second.



#SexyAngels

Wednesday: #WCW (Woman Crush Wednesday)

CHECK out Victoria's Secret's newest angels, and then tell us how we couldn't crush on every single one of them this week? These young stunners are getting eyes popping and jaws dropping! Ladies, we welcome you with open arms.



#WeLoveTheChange



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Thursday: #TBT (Throwback Thursday)

REMEMBER tough old **Simon Cowell** – the judge we met back in the day on Britain's first *Pop Idol*? He was rude, he was mean and we loved to hate every second of him on our screens! Throwing back to those days, it's hard to believe what a sweet and sexy man he has turned into. One who, let us add, wears matching shirts with his son Eric. Who would have ever thought **Simon** was quite the softie?



Friday: #FFF (Fun Fact Friday)

DID you know that **Kendall** and **Kylie Jenner** are embarking on their latest foray in the fashion world? The teen reality stars-turned-models are launching their first signature footwear collection under the Kendall + Kylie brand. The addition isn't just narrowed to shoes, however, with a line of bikinis and other apparel also set to hit stores in US spring 2016.



Hello everyone, Ed's Letter

DEALING with jealousy in the office is very difficult. I remember many years back when I first started at **people** magazine, I took an interest in design, so after hours I use to sit with one of the designers and learn to do layout, and being the person I am, I wanted to learn and didn't give up. The deputy editor at the time did not like this situation. This young lady told me one morning in front of the entire office that 'this had to come to a stop!' I couldn't understand why she was being so mean; it wasn't affecting my work, as I did it after hours. I just wanted to increase my skills. So I asked her what the problem was. Well, that was the wrong thing to do; she lost her temper and literally picked me up and threw me across the table. The entire office was stunned! My editor at the time called me in to find out what was going on. To cut a long story short, it boiled down that the deputy editor didn't want me to grow, and luckily for me, she resigned just after that incident. Going through life, not everyone will support you. We've all had incidents with colleagues and you have to learn to deal with it, otherwise you will be the one to have a breakdown. In this week's **people** we put together a guide on how to deal with a delicate situation in the office on pages 44 and 45 – and remember, never change for anyone! And always stand up for what you believe in, I love this quote from **Meryl Streep**...

'I no longer have patience for certain things, not because I've become arrogant, but simply because I reached a point in my life where I do not want to waste more time with what displeases me or hurts me. I have no patience for cynicism, excessive criticism and demands of any nature. I lost the will to please those who do not like me,

to love those who do not love me and to smile at those who do not want to smile at me.

I no longer spend a single minute on those who lie or want to manipulate. I decided not to coexist anymore with pretence, hypocrisy, dishonesty and cheap praise. I do not tolerate selective erudition nor academic arrogance. I do not adjust either to popular gossiping. I hate conflict and comparisons. I believe in a world of opposites and that's why I avoid people with rigid and inflexible personality. In friendships, I dislike the lack of loyalty and betrayal. I do not get along with those who do not know how to give a compliment or a word of encouragement. Exaggerations bore me and I have difficulty accepting those who do not like animals. And on top of everything I have no patience for anyone who does not deserve my patience."

I wonder sometimes whatever happened to that deputy editor; but luckily for me, I stuck it out and love everything about the publishing world today. There is nothing more satisfying than getting a printed issue of **people** every Thursday and knowing that I've been part of editing our weekly mag!

Until next week, enjoy!

Andrea
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Saturday: #SS (Shirtless Saturday)

WHY walk around shirtless? Well, if you have a bod like **Colin Farrell's**, why *wouldn't* you! We spotted the hunky actor showing off his toned body while out in West Hollywood. Whether he was coming from a workout or just feeling really hot, we don't care, and we're not complaining!



#StayShirtlessEveryDay

Sunday #SS (Sore Sunday)

IT'S been a long time coming, but sadly **Naomi Campbell** has been sentenced to a six-month suspended prison sentence for assaulting a paparazzo in Sicily a few years back. The former supermodel was convicted recently for the attack which took place in 2009, and according to her lawyer, they will be appealing. "We are appealing the ruling surrounding the 2009 incident," attorney Guido Carlo Allewa said in a statement obtained by E! News. "Due to the ongoing legal process, we cannot discuss the matter further at this time."

#WillNaomiSurvive?



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THE MUNCHIES HIT



LiLo Can You Go?

FOR a girl who hasn't worked in a while **Lindsay Lohan** sure gets a lot of leave! The 29-year-old actress was spotted (again) in the waters around Mykonos, sporting a few rather, shall we say, *unique* looks. And her time in the Aegean hasn't gone as smoothly as she would have liked, either. Stories have surfaced that the *Mean Girls* star took a group of 10 men out for a night out, ran up a bill of R16 500 and skipped out without paying! We hope the story is little more than a rumour, because surely even **LiLo** knows about the financial situation in Greece, right?



**PEOPLE
EXCLUSIVE
PICS!**





Klever girls!

GRADUATING IN STYLE (AND CONTROVERSY)

BY WARREN ROBERTSON

THE **Kardashians** never do anything by halves, so when **Kendall** and **Kylie** graduated they naturally threw a huge party.

WHAT do you do when you graduate high school? Party, of course. And that's exactly what **Kylie** and **Kendall Jenner** did! In true **Kardashian** style, the event at their **Calabasas, California** mansion was over the top. The teen stars were thrown a surprise bash in their mother's backyard in honour of **Kylie**, who graduated from high school this year, and **Kendall**, who graduated back in 2014.

Oversized balloons reading 'Congratulations' were arranged around the pool along with some cute floats, and the pair received their diplomas from friend **Ryan Seacrest** in a special ceremony. As the crowd of friends and family cheered, **Kendall**, 19, and 17-year-old **Kylie** tossed their black caps

into the air. **Khloé Kardashian** was also seen on stage with her little sisters and, a little oddly, was also dressed in a gown. The reality star has previously revealed she graduated at 17 (with honours), but, like **Kendall** and **Kylie**, **Khloé** was homeschooled for the last couple of years of high school, and so, since she perhaps hadn't had the chance to celebrate *her* graduation, she jumped in on her sisters'. There was some controversy, however, as claims of drug use emerged immediately after the party. Much of the event was documented through **Kylie's** own Snapchat videos. In one of the clips, **Khloé** is seen dancing next to a man who appears to take something out of a small container and then put his finger in his mouth. Some have speculated he may

have been using cocaine.

In response to the rumours, **Khloé** took to Twitter and denied anyone was using drugs at the party, explaining what they saw was most likely a guest loosening the rim on a jelly shot. This was just a small glitch on the day, however, as most of it was celebrated with the usual **Kardashian** fervour. Pregnant **Kim**, her husband **Kanye West**, and adorable **North** all had pics taken in the vintage black-and-white photo booth, while synchronised swimmers frolicked in the pool. Also joining the festivities were **Kylie's** boyfriend **Tyga**, BFF **Pia Mia**, **Khloé's** best friend **Malika Haqq** and her rumoured beau **James Harden**, **Gigi Hadid** and pop singer **Cassie**. Naturally, the whole shindig was filmed for *Keeping Up With The Kardashians*.



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PEOPLE 9



Amputee model in
Native Sport

Liesel van der
Westhuizen

AFI Mercedes-Benz FASHION WEEK

Cape Town 2015

BY JEN SU

TV & RADIO presenter **Jen Su** jets off to the mother city for some fashion glamour at the V&A Waterfront.

ASIAN inspiration and bridal collections were the main themes for this year's AFI Mercedes-Benz Fashion Week at Cape Town. After years at the CTICC, this year's #MBFWCT was held at The Watershed at the V&A Waterfront.

Celebs, fashionistas, and VIPs – including Dr Precious Moloi-Motsepe and comedian **Marc Lottering**, as well as **Cindy Nell**, **Lerato Kganyago**, **Koyo Bala**, **Phat Joe**, **Bonnie Mbuli**, **Jena Dover**, and fashion blogger Jerri Mokgofe (loved his bangles!) – braved the cold (but thankfully dry) weather to get to the shows in their tall boots, winter jackets, and layered outfits.

It was super interesting to see a number of designers such as Ruald Rheeder, Ruff Tung, and Habits showcasing Chinese, Southeast Asian and other oriental motifs in their Spring/

Summer collections. Michelle Ludek even paired her Asian-themed outfits and jewellery with **David Bowie's** *China Girl*, which was playing in the background, and which got me smiling. As I mentioned, the other major emphasis in this year's #MBFWCT was bridal – with David Tlale leading the pack with his first-ever bridal collection launch at Gallery MOMO. All shades of green made an appearance, from Shamrock to sea-foam, with gold and ivory silks, exquisite beading and brass embellishments being the main features in the fabulous 'out-of-the-box' bridal collection. Stefania Morland went for an ivory bridal couture collection of beaded satin and a superb headpiece that I'd love to add to my hat pile! Her daughter, Shana Morland, in her Shana S/S 15 Collection, went for a more quirky,



Jen Su with Dr Precious Moloi-Motsepe



Cindy Nell and Jen



Bridal couture by Stefania Morland



Kuyan Kotzen and Jasna Zellerhoff



Design by Shana Morland

fun poolside glamour assortment, with a 'fruit-of-the-loom' headpiece extravaganza that was fresh and funky.

Adriaan Kuiters and Jody Paulsen's new collection emphasised light, soft, and neutral – reusing old prints and fabrics as well as black and red patterns to create something brand new. A few of the geometrics and designs made me think of the Harajuku area in Japan. Menswear was also introduced from a different angle, what with Leigh Schubert's print-driven Japanese

monochrome inaugural menswear collection, as well as presenter **Liesel van der Westhuizen's** being the first woman to model menswear on the runway of #MBFWCT, wearing Goose Homme and Xipixi.

Klûk CGDT ended Cape Town Fashion Week with a fabulous artisan collection and party at the CAAM COLLECTIVE Gallery.

I must admit that I did a double-take at one of the model's painted bodysuits, which, from a distance, looked like she was standing naked! Malcolm Klûk and Christiaan Gabriel du Toit showcased a marvellous range, including a beautiful black silk beaded gown and a beaded white silk bridal gown that was perfectly displayed.

Needless to say, the event was a hit, and I can't wait for next year's fashion-forward collections!

Couple News

BY ANGELA BEKIARIS

Ben & Jen's Nanny Warned

SO just a few weeks after the news of their official split, rumour now has it **Ben Affleck** was cheating on wife of 10 years **Jennifer Garner** with their nanny. And while this doesn't come as a huge surprise – he's not the first actor to have done so – it seems the biggest news now is that the estranged couple is warning the nanny to keep her mouth shut! With **Ben** denying the rumours, insiders say nanny Christine Ouzounian won't be telling her side of the story just yet – the pair have warned her to stay very quiet (with a nice fat cheque, we're sure!). According to sources, Ouzounian was overheard claiming that she had been 'contacted by a representative of **Ben** and **Jennifer's**, and that they reminded her she couldn't talk to the press because she signed a non-disclosure

agreement with them'. She said she was warned that there would be severe consequences if she violated the agreement, including significant financial damages. But Christine told friends that she no longer works for the couple, and anything that happened with **Ben** after she was fired isn't covered by the agreement. We smell trouble...



Baby #3 For Drew?

ACCORDING to reports, **Drew Barrymore** and husband **Will Kopelman** are thinking about having baby number three. While the star has her hands full with two daughters, insiders say she's not opposed to expanding her family. "I think I'm good right now, but I don't know," revealed the 40-year-old actress, adding, "The door's open, but I'm no spring chicken. I have to figure it out sooner or later."

Drew and **Will** – who she wed in June 2012 – have daughters: Olive, two, and Frankie, 15 months. "I feel like my life is in total abundance," says **Drew**.



GET THE GOSSIP FOUR DAYS BEFORE THE MAG REACHES THE SHOP! TURN TO PAGE 17 FOR MORE.



Rumour Strikes

BY ANGELA BEKIARIS

JULIA ROBERTS is one pretty unhappy woman!



PEOPLE
EXCLUSIVE
PIC!

PICS: WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

It seems like another Hollywood divorce is in the works



My Bride Again

IT seems to be the season of splits in Hollywood, and while Julia Roberts has quite the reputation for running away from relationships, we thought she was done running when she married Danny Moder – and had three kids! But, 13 years later, sources say the Hollywood actress and her husband could be calling it a day. But what went wrong? Meeting on the set of *The Mexican* back in 2001, it was clear Julia had finally fallen in love. Not only playing roles of a runaway bride, but dealing with it all in real-life too, Julia had dated and even planned to wed many A-listers in Hollywood, but when Danny came along it seemed different – and after three kids, twins Hazel Patricia and Phinnaeus ‘Finn’ Walter Moder, 10, and son, Henry Daniel Moder, eight – it seemed perfect.

According to sources, however, the Oscar-winner isn’t the easiest wife – she is rumoured to have quite the temper – one bad enough to damage their marriage. “It kills Danny to think about how all the arguing has been affecting their kids. Things have got bad enough that he thinks the kids would be better off if he and Julia split,” reveals a source, who adds that Julia is not completely on board with the divorce plans. “This is the last thing Julia wants,” adds the insider.

But it’s not just her temper which is causing the split. “Danny just doesn’t feel like they have a true partnership,” reveals a friend, adding that since they met back in 2001, ‘it’s been her way or the highway’ and that he’s ‘had enough’. While we recently saw them enjoying a family vacation at George Clooney’s home in Lake Como, Italy, looking like a normal, happy little family, it seems things haven’t been that great between the pair for some time. Insiders say the last two years have been tough on the couple, who have tried hard to work on their issues, and just like Ben Affleck and Jennifer Garner, who announced their split recently, Julia and Danny have even spent time in marriage counselling. That didn’t work for Ben and Jen, and insiders say it was equally ineffective for Julia and Danny – in fact, friends say it just made matters worse. “Julia’s used therapy as an opportunity to vent all her anger and frustrations,” explains an insider, who adds that that cannot be healthy for a marriage. And to make matters even worse, Danny, who rarely raises his voice, has ‘been snapping’ and ‘shouting at her out of frustration’ lately, opening Julia’s eyes ‘to how dire the situation is’.

According to the latest news updates, the *Pretty Woman* starlet is trying desperately to convince

her husband to stay as they both slowly prepare for an inevitable divorce. Rumour has it Danny has already started to sell off their vacation homes in order to make the eventual split of their net worth less complicated. And while this is not the first time rumours have sprung about the pair breaking up, we fear this could be the one which actually happens. Sources say, “She can be screaming one minute and apologising the next. Every time she gets on her high horse about something and starts yelling at him, he vows it will be the last time he lets her treat him like dirt... It’s as if she can’t see her own faults. Danny has had enough. It’s a definite sign that things are not good. She loves these houses. But selling them now means fewer messy transactions that need to be completed before a divorce can be finalised.”

Julia’s String Of Hollywood Men



Julia and Matthew Perry

THE *Pretty Woman* star has got her hands on many gorgeous

men over the years, but when it came to settling down, she went running. We throw back to some of her famous relationships...

In her younger years, Julia dated actors Jason Patric, Liam Neeson, Kiefer Sutherland, Dylan McDermott and Matthew Perry. She married country singer Lyle Lovett on June 25, 1993 – they split in March 1995. She dated actor Benjamin Bratt from 1998 to 2001, when she met husband Daniel Moder, a cameraman, on the set of her film *The Mexican*. Daniel was also involved at the time – he was married to Vera Steimberg. He filed for divorce a little over a year later, and after it was finalised, he and Julia wed on July 4, 2002, at her ranch in Taos, Mexico.



She even dated Kiefer Sutherland

Couple News

BY ANGELA BEKIARIS



Charlize Adopts A Baby Girl

RECENTLY calling it quits with boyfriend Sean Penn, it seems Charlize Theron isn’t sitting at home crying. Instead she’s playing mommy to a new baby – this time, a girl. The South African-born actress, who adopted son Jackson in 2012, has reportedly adopted a second child.

Sources say she has been working with the adoption agency for the last six months to seal the deal. The African-American girl, named August, whom she took custody of in July, was born in the United States.

Coco & Ice Expecting

IT’S official – reality stars Coco

Austin and Ice T are going to be parents. The couple, who have been married since 2001, have announced that they are expecting, adding that the pregnancy has been pretty easy so far. “When I got with him, I was like ‘35 is the number’,” she explained to E! News. “I was on the pill for 17 years. I got off the pill and was like, ‘Hey, how are we going to do this?’ and they said it usually takes a year to regulate your body.” But for Coco and Ice it took two short months. “Bam! I told her I could dial in twins if she wanted it,” Ice joked. The Hollywood couple plan to be open and honest about their pregnancy journey on their upcoming talk show *Ice & Coco*, which just debuted in the US.



Ashlee & Evan Welcome Baby Girl

ASHLEE SIMPSON and Evan Ross have become the proud parents of a daughter. “Their whole family was around to support them,” reveals a source, adding, “Evan was very emotional and loves Ashlee so much. He did not leave her side and wanted to go through this with her every step of the way. He can’t wait to be a dad. He would do anything for Ashlee and now this baby girl. Ashlee is doing great and can’t wait to get home to be with her family.” Ashlee’s first child, son Bronx, from her previous marriage to Pete Wentz, is just as excited to be a big brother. “He’s excited. He’s so excited,” Ashlee told E! after announcing she was pregnant. “He’s excited that it’s a girl. He thinks it’s cute – the tea parties – she’ll be adorable.”



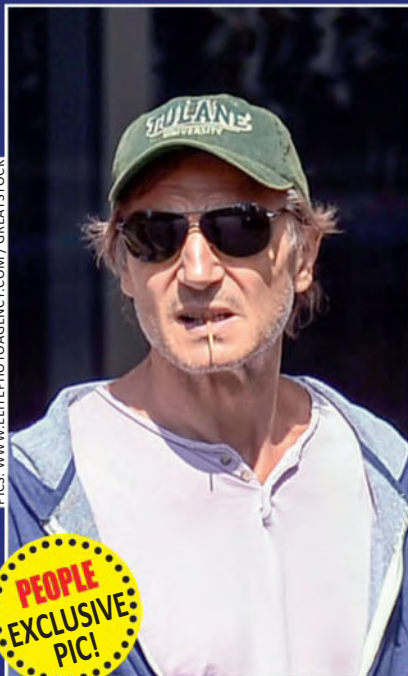
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Juicy Gossip

BY ANGELA BEKIARIS



Is Liam Ill?

LIAM NEESON has us all a little worried. The actor was spotted out looking very frail, and friends and family are worried about his health – and so are we! The actor looked shockingly gaunt while out in New York recently, with sources saying it's unclear if it's a transformation for a movie or if something serious is the matter. **Liam** has said that he will be retiring from doing action movies in a couple of years. "Maybe two more years, if God spares me and I'm healthy," he revealed in a previous interview. "But after that, I'll stop [the

action] I think." However, the 63-year-old actor's rep says he is as 'healthy as ever', despite his ghostly appearance in this pic. The rep adds **Liam** changed his diet and started doing more exercise about a year ago and credits that for the weight loss. Plus: "It's just an unflattering pic," is what's offered as explanation. We sure hope so!



She's Still Bruce To Some

CAITLYN JENNER is a brand new person, but to stepdaughters **Kim**, **Kourtney** and **Khloé** she's still **Bruce** – well, in name, at least. While **Caitlyn's** children have embraced her transition, **Khloé** recently explained in an interview that there's one hurdle they can't seem to get around – they still refer to her as 'Bruce'. "We don't like to say that **Bruce** is gone, per se. We, my sisters and I, we will call **Caitlyn 'Bruce'**, and we've been told that's completely fine," says **Khloé**. "She has told us we are allowed to call her any name we want. Because on the phone, when she calls me, it's the same voice as **Bruce**. And if I'm not physically with her, it's hard to remember in the moment that I'm talking to **Caitlyn**, if that makes sense."



CELEB BIRTHDAYS THIS WEEK....
AUGUST 10: KYLIE JENNER & ANTONIO BANDERAS
AUGUST 11: CHRIS HEMSWORTH
AUGUST 12: CARA DELEVINGNE
AUGUST 14: MILA KUNIS & HALLE BERRY

GET THE GOSSIP FOUR DAYS BEFORE THE MAG REACHES THE SHOP! TURN TO PAGE 17 FOR MORE.

Alison is a former prostitute and heroin addict living with HIV



BY PEARL MPHUTHI

MARIAH'S sister is stuck in a psych institute and is desperate for her help

EARLIER this year **Alison Carey**, the older sister of singing sensation **Mariah Carey**, was admitted to a Long Island psychiatric ward following an alleged attack in which she suffered an intense head injury.

While her sister is an adored millionairess, **Alison**, who is a former prostitute and heroin addict living with HIV, has made headlines for all the wrong reasons. And in the latest headline-grabber, **Alison** has reportedly claimed that she is being held against her will in a mental institute, and is seeking her sister's assistance to secure her release.

This isn't the first bit of trouble the celeb's sibling has found herself in this year. Back in April, **Alison** claimed that an unknown person broke into her house and stole her jewellery, and then attacked her, leaving a 7.5cm wound at the back of her head and injuries to her mouth.

In an exclusive interview she said, "I don't remember getting in a car with this person, and I don't remember going to my house. But I remember being at my house and he was taking my jewellery." Fifty-four-year-old **Alison** says she is being held on the mental health ward against her will and has pleaded for help from her millionaire younger sibling, whom she

hasn't seen in years. Back in 2012, **Alison** issued a desperate plea to her superstar sister to at least let her meet her twins, **Monroe** and **Moroccan**, but **Mariah** reportedly gave her the cold shoulder and wants nothing to do with her. "I need a lawyer to get me out of this hospital because there is no reason to keep me in here for three months. Please tell **Mariah** to get me out of here! She must know what's happened to me! I want out!" **Alison** has said. **Alison** has also alleged that she has been mistreated at the facility. "They beat the living s**t out of me," she said, also claiming the staff restrained her and injured her ribs after she declined a sedative. As yet there has been no word from either **Mimi's** camp or from the hospital in which **Alison** is being confined.



Mariah has apparently cut all ties with Alison

Lady Mary Charteris is said to be causing a rift between Kate and husband Jamie

Kate's Marriage Turmoil

BY EL BROIDE

KATE'S spent four years with husband **Jamie Hince**, and now it seems the supermodel's marriage is starting to fall apart.

SHE is one of the biggest supermodels in the world and, professionally, her life is thriving. Personally, however, the model has been dealing with issues that may cause an end to her marriage to **Jamie Hince** – and she's distraught. It's been reported that a woman by the name of Lady Mary Charteris had come between **Kate** and **Jamie** and that the trust if officially broken between the two. The couple have, reportedly, been fighting about a number of issues over the past few years and have been living separate lives for a while as they figure out their next step – even before Mary came along. Mary and her husband, **Robbie**, of The Big Pink, have been tearing **Jamie** away from **Kate**, and their marriage is said to be crumbling. A source reveals that **Kate** has grown so incredibly jealous of Mary over all the time

she and **Robbie** have been spending with **Jamie** at their house, that one day she pushed her into the pool – designer gown, handbag, phone and all. Not surprisingly, this has caused a huge divide between

Kate and **Jamie** and things have been really awkward since.

Kate is incredibly upset that **Jamie** has decided to continue hanging out with Mary while their marriage is falling apart, and she feels like he has no respect for her or their relationship. "It seems like **Jamie** doesn't mind that hanging out with Mary while things are bad in their relationship really annoys **Kate**," the source says. "And he's normally the one who's really laid back, but he may have had enough now. It's made everyone start asking questions about their marriage."

Funnily enough, it was **Kate** who introduced **Jamie** to Mary, as they are both models, but **Jamie** and Mary's love of music brought them closer together. While there is no suggestion that **Jamie** and Mary had an affair of any sort, **Kate** feels incredibly threatened. "Kate and **Jamie** have fought several times about who he spends time with and Mary is one of **Kate's** least favourites," says the insider.

The source adds that Mary isn't the first woman **Kate's** has felt threatened by. **Alison Mosshart**, **Jamie's** 'best woman' at their wedding, has also had her ups and downs with **Kate**. **Alison**, **Jamie's** bandmate in The Kills, reportedly asked him not to bring **Kate** on the band's recent tour of Australia because of the way she constantly starts arguments. The source continues, "What **Kate** needs to do is swallow her pride and try win **Jamie** back. Usually **Jamie** calms things down, but with him going on tour, it's unlikely he will do a U-turn."

We know **Kate** is dying to save her marriage but it seems she will have to change her attitude and trust **Jamie** a little more if their relationship is going to work. With any luck she'll manage to figure this out – before it's too late!



PEOPLE EXCLUSIVE PIC!

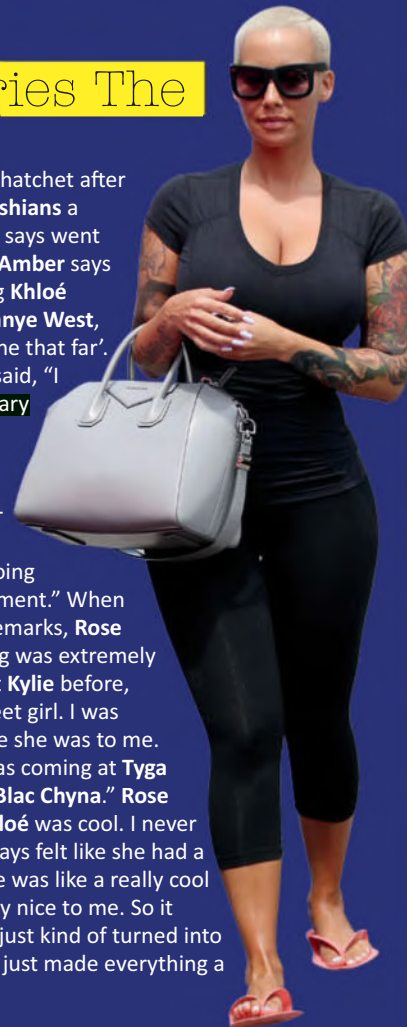
Lately, The Kills frontman has also be seen getting friendly with model Jessica Stam

Juicy Gossip

BY ANGELA BEKARIAS

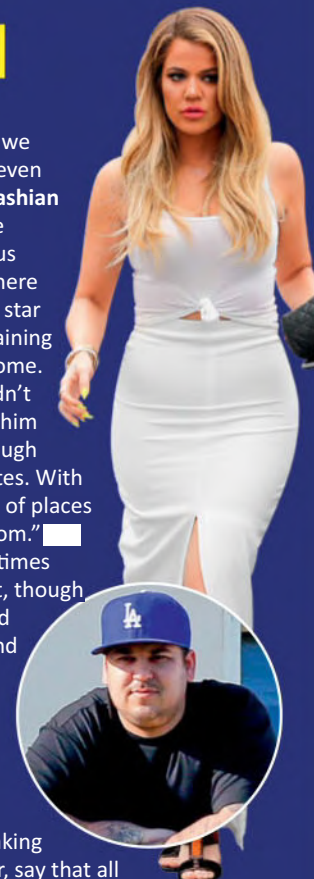
Amber Buries The Hatchet

AMBER ROSE is burying the hatchet after a hectic feud with the **Kardashians** a few months back, which she says went 'too far'. Reflecting on it all, **Amber** says that the entire spat involving **Khloé Kardashian**, **Kylie Jenner**, **Kanye West**, and **Tyga** 'shouldn't have gone that far'. In a recent interview **Khloé** said, "I just feel like it was unnecessary for her to say anything, and I used her own quote back. What I thought was crazy was she was telling my sister to act a certain way or have a curfew, but [she wasn't] doing the same. So just don't comment." When asked about **Khloé's** latest remarks, **Rose** replied, "I feel like everything was extremely misunderstood. Listen, I met **Kylie** before, she was actually a really sweet girl. I was very surprised as to how nice she was to me. I wasn't coming at **Kylie**. I was coming at **Tyga** on behalf of my best friend **Blac Chyna**." **Rose** added, "I always thought **Khloé** was cool. I never really, like, met her but I always felt like she had a bunch of personality and she was like a really cool girl. **Kylie**, like I said, was very nice to me. So it really wasn't about them. It just kind of turned into that and, via social media, it just made everything a lot worse."



Where Is Rob Hiding?

HE'S been in hiding for so long that we sometimes forget the **Kardashians** even have a brother. But while **Rob Kardashian** has stayed out of the limelight since gaining weight and going into serious depression, **Khloé** knows exactly where he is – and sees him every day! The star recently spoke out about **Rob**, explaining that he still lives in her Calabasas home. "Rob lives with me now and I wouldn't have it any other way. I love having him with me," she said. "He's going through a hard time now, and it's behind gates. With this crazy lifestyle you have to think of places where you can still have your freedom." she admits that there's been some times where **Rob** has wanted to move out, though she has not let him. "He's a man and he's 28, and I'm sure it doesn't sound good to say, 'Oh, I live with my sister', but it's not because he has to. I'm like, 'Put this in perspective: Your friends live at home with their parents because they can't do anything else. Your sister's literally holding you captive and actively making you. So if that makes you feel better, say that all you want'."





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Kylie & Tyga's Bank-Busting Wedding

BY EL BROIDE

SHE may only be 17 years old, but **Kylie Jenner** is ready to start a life with **Tyga** – and wants a big, magical wedding!



Rumour has it the two have already planned a honeymoon



Kris and Caitlyn aren't at all happy about the news



KYLIE JENNER and Tyga are making it official! The couple, having gone through their ups and downs, reportedly got married in secret, but they're waiting until after her 18th birthday, which happened this week, before they hold an enormous ceremony!

The reality star has been planning her big day for years and is so excited. The party will be televised just like older sister **Kim's** wedding to **Kris Humphries** was, and **Kylie** already has an idea about the white dress she'll walk down the aisle in.

"Now that she's modelled for Balmain, **Kylie** says she'd like them to design a one-of-a-kind dress," an insider reports. "She's been sketching wedding gowns since she was 14, so she knows what she likes."

She's also already figured out what role her family members will play. "**Kendall** will be the maid of honour and **Kim**, **Khloé** and **Kourtney** will be the bridesmaids," the insider reveals. "**Kylie's** also insisted on having **Caitlyn** walk her down the aisle."

The 17-year-old has received a lot of criticism for dating the 25-year-old rapper and sources

say that **Kris** and **Caitlyn** have been meeting in private to find a way to put a stop to the wedding. "They both have a lot of concerns about **Kylie** because she thinks she knows everything and doesn't listen to their advice. She's rushing to grow up and that scares them," the source adds. "They want her to slow down with **Tyga** and not rush into getting married. Unfortunately they feel like she just doesn't want to hear them." **Kylie** loves that her parents are freaking out about the nuptials because she feels as if she hasn't been getting much attention from them lately. "This is the way, **Kylie** gets attention from her parents — by flashing a diamond ring on her wedding finger for the entire world to see," an insider claims. "She knows neither of her parents would approve of her getting engaged right now, so why not stir the pot? This is her way of getting their attention. It's like she has to

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ing



The general opinion is that the Jenner sibling is just too young to get hitched



do something drastic to get their attention. It's really a cry for help." The insider, however, also reveals what the couple plan to do after the wedding. "They're talking about honeymooning in Paris after the TV wedding," the source says. "Kylie's so in love with Tyga that all she cares about is spending time with him."

Oh Kylie, why not just wait a few years? You are still so

young. Surely getting to know Tyga better will help you decide if he really is the person for you.



Kylie already has roles for her sisters to fill on the big day



WWW.ELITEPHOTOAGENCY.COM

BY EL BROIDE

Calvin's Perfect PROPOSAL

THE two biggest names in pop music are ready to tie the knot!

THE world can't get enough of pop princess Taylor Swift and producer and Armani underwear model Calvin Harris – and it seems that the two can't get enough of each other. After only four months of dating, Calvin is ready to propose to his girlfriend and has already picked out a ring that'll set him back over R6-million! But where and when will he pop the question? According to reports, Calvin has got Taylor the massive engagement ring that she's always dreamed about – a 10-carat Neil Lane diamond one! "Taylor loves chunky rings, so he wants to go big," a source says. "He's looking at cushion-cut centre stones and is willing to drop at least R6-million!" Taylor has been so afraid of love after breaking up with Harry Styles back in 2012, but after meeting Calvin, she finally felt everything was right again. Now, Calvin and Taylor are both itching to take the next step. According to the source, Calvin has been furiously asking all her friends about her tastes in jewellery and trying to figure out her ring size, so she must be expecting something!

Since the two earn a loads of money

between them, Calvin has already started consulting lawyers to draw up an insane R3.4-billion pre-nup. "Taylor's worth over R2-billion and he's worth about half that, so we're talking some serious negotiations," sources close to the couple say. "Taylor and Calvin plan to be together forever, but when you have as much money as they do, you have to be practical. Their attorneys aren't taking any chances. It could be the biggest pre-nup Hollywood has ever seen!"

But right now, Calvin's biggest issue is figuring out where he wants to propose. "He's on the fence because Taylor has so many favourite places," the source adds. "He thought of romantic Paris or Italy, but now he's leaning toward Nashville, where she has one of her homes."

Calvin recently gushed over his relationship with the singer saying, "For me, it could be a lot worse, and I'd still be like insanely happy with her," adding, "Boxes I didn't even know existed, she ticks. She's really ridiculous... She's generally an incredible human being." We love how happy the two are and we totally see them living a happy, long life together. Now we wait for the magical proposal!



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MACAULAY CULKIN & RYAN GOSLING
RYAN GOSLING looks so young with his good looking, innocent features, whereas a raucous party boy lifestyle seems to have taken its toll on Macaulay Culkin.

MARGOT ROBBIE & EMMA WATSON
EMMA WATSON is only 25 years old, but is already the queen of the red carpet, thanks to her part in the *Harry Potter* films. And a very mature-looking Margot Robbie really only just burst onto the scene recently with *The Wolf Of Wall Street*. It's mind-blowing how many famous people were born in the '90s.



25

THEY'RE THE SAME AGE??

SOME Hollywood celebrities seem mature beyond their years, while others seem to have discovered the fountain of youth.

BY EUGENIA BOOI



18



17

KYLIE JENNER & ELLE FANNING
ELLE FANNING always looks young and natural, unlike Kylie Jenner, who's changing everything about herself, possibly in an effort to look old enough to date Tyga.



51

NICOLAS CAGE & KEANU REEVES
IT seems crazy, but both Nicolas Cage and Keanu Reeves are around 50 years old! Keanu seems ageless though, when compared with the *Face/Off* star.



50



JENNIFER LAWRENCE & THOMAS BRODIE-SANGSTER
 THOMAS BRODIE-SANGSTER, Bran's friend in *Game Of Thrones*, is 25 years old, but still manages to look not a day over 16. **Jennifer Lawrence**, who's 24, looks like she could be in her late 20s.



24



25



KATE UPTON & SELENA GOMEZ
 SWIMSUIT model **Kate Upton** is actually only one month older than former Disney Channel star **Selena Gomez**, but you wouldn't know it to look at these pictures.

23



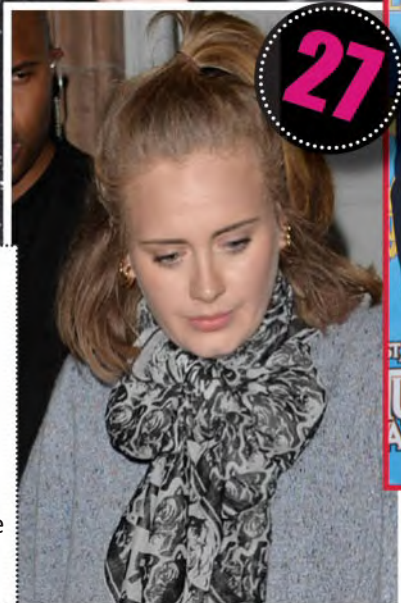
25



42

JIM PARSONS & ANDREW LINCOLN
 AMERICA'S favourite nerd and America's favourite zombie killer are both in their early 40s, but it's quite obvious who looks a little more, shall we say, mature.

41



27

TAYLOR SWIFT & ADELE
 IN this case one looks like a mother of three (**Adele**) and the other (**Taylor Swift**) still looks like she's in high school. Can you actually believe the two were born only a year and a half apart?



Caitlyn's

BY ANGELA BEKIARIS

Shady Companion

IS Caitlyn Jenner's new BFF in it for the money only?

CAITLYN JENNER is a brand new woman – with a gorgeous one by her side. But if sources are anything to go by, it seems new BFF Ronda Kamihira could be in it just for the cash.

While the reality star seems happier than ever, insiders have revealed that her new best friend made off with millions from a previous relationship, leaving us all to wonder if the *I Am Cait* star will be broke just as fast as she is becoming wealthy.

Caitlyn hasn't only gained a whole lot of new fans since her transition, she's suddenly surrounded by a whole lot of new friends too. However, many sources reveal her friends, this one in particular, are there for the wrong reasons – and it seems Ronda has quite the shady past, too!

Spending a chunk of her life in the background as part of the famous **Kardashian** family, Caitlyn is finally in the limelight – and clearly, looking and feeling fabulous too. But with all the attention comes more fame and loads more money, which has suddenly left the star quite popular in Hollywood, causing some serious concern.

While Caitlyn is making headlines everywhere, it seems her new bestie, Ronda – who is also

one of **Kris Jenner's** friends, and was rumoured to be having an affair with Caitlyn when she was still **Bruce** – has found her way into every magazine in the process, too.

Not only is Ronda close to Caitlyn, but she's been embroiled in a bitter feud with her ex **Kris** for a while, with the momager accusing Ronda of betraying her by spending time with Caitlyn after she and **Kris** split last year. But apart from being an enemy of **Kris**, it seems the star has other reasons to make it into the spotlight – like the fact that the former food stylist is squeezing a fortune out of her *fourth* ex-husband. Yes, we said fourth!

Friends and family are now worried that Caitlyn could just be partner number five – and be left in the same position months later. And with the money being thrown at Caitlyn these days, who wouldn't want a share?

Ronda married credit card service mogul Charles Burtzloff in 2002, knowing he was worth R2.4-billion! The marriage, surprisingly, didn't last long – one short year – ending due to 'irreconcilable differences'. And while court documents show that her monthly expenses are R315 000, she reportedly obtained a promise from Burtzloff that he would 'take care of her for the rest of her life' – she got R1.2-million on each anniversary of their marriage, plus an additional R10-million. She also asked for R43-million from the sale of their Hidden Hills, California home!

And she made sure her family was covered too. According to reports, Burtzloff paid for her children's education and bought her mother a home. But with all this out in the open, Caitlyn still considers Ronda a very good friend. "Years ago I confided in Ronda, and she really has been a friend [who] has supported me," she said on new show *I Am Cait*. We sure hope so...



Ronda was friends with Caitlyn when she was still Bruce



Kris felt Ronda had betrayed their friendship

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Looking Good

IN this special feature we bring you the health and diet secrets of the officially-single **Kardashian** sister, whose dramatic and impressive body transformation has taken the world by storm!

IT LOOKS like Caitlyn Jenner isn't the only member of the Kardashian family to undergo a radical transformation in recent months.

Kim, Kourtney, Kendall and Kylie had better watch out because middle sister **Khloé** has a new killer body complete with incredible abs and a noteworthy booty of her own.

Flaunting her cool curves, **Khloé** is showing everyone the result of her regular gym visits and just how her hard work and dedication is paying off.

Blasting recent rumours of liposuction and airbrushed pictures, the 31-year-old reality star has been working out in the gym five days a week, eating a protein-rich diet and drinking up to six litres of water a day. It's a regimen that has helped transform her body as well as her mind.

"My fitness journey will be a lifelong [one].

Fitness is not about being better than someone else. It's about being better than you used to be," **Khloé** said on social media recently.

"I'm not where I want to be and who knows if I ever will be. But I am healthier than ever and due to my consistent workouts, I am slowly seeing results."

Big sister **Kourtney** is also playing catch-up and is having a hard time accepting the new-look **Khloé**, but using her sibling as motivation to get back into shape after giving birth to her third child, Reign, seven months ago.

"People love to call me the fat one but as weird as it sounds I still don't think I would consider myself fat back then," says **Khloé** on getting revenge on her sisters. "Definitely overweight and unhealthy, yes."

So how has she finally done it?

It should be no secret that **Khloé** has turned to the **Kardashian's** favourite trainer, Gunnar Peterson, in order to shape up. Her incredible abs have been uncovered by using special side hip bridge exercises, slide abdominal extensions and knees-to-heavy-bag routines.

Gunnar – the creator of *Core Secrets: 25 Minute Full Body Workout* – says of his star client, "This is **Khloé's** moment, you can see it. The changes she has made are incredible and she has done it the right way: Hard work and nothing fast."

The trainer to the stars also dishes on how she got those amazing abs. "Your stomach is an organ that digests – your abdominals are the muscles you exercise. The key is reducing body fat so that the abs you have earned are visible. Play with your diet, use a nutritionist, nothing drastic. Just be smart about it," he says, adding, "Your core muscles fire first with any movement so they are always in the picture. Mix up your approach with a variety of movements, resistance loads and rep schemes and you will flush them out – assuming your food and recovery are on point. They are right there under the rest of that stuff!"



BY FEATS PRESS / PICS: WWW.ELITEPHOTOAGENCY.COM

The Kardashians might have to change their show to *Keeping Up With Khloé* if they're not careful



Khloé's ditched her old weight (Lamar) for a new, positive one

od, Khloé!

Khloé has confessed that working on her legs – and that famous **Kardashian** butt – has been easier than she thought it would be.

"I love to do stairs or the elliptical," she says. "The stairs do the butt and the legs and you don't have to do the weights afterwards. I put headphones on or I watch a TV show and I could literally zone out for an hour. Time flies and I don't even know that it happened, I'm like, 'Damn! I just sweated for an hour and I feel good!'"

She continues, "I think as long as my energy is focussed on something else, if I am watching TV and working out, it is great. I cannot just walk on a treadmill. I'm like, 'Where am I walking to?' I am so bored. So I can't do treadmills." **Khloé** says of her new found love of the gym, "I genuinely enjoy sweating out my frustrations and living a healthier life. My workouts are not all about vanity. They are about clarity for my mind and soul."

Gunnar says that **Khloé**'s intense workouts have included a traditional mix of plyometric push-ups, hauling a sled, dead lifts and resistance bands as well as those abdominal exercises that have all paid off.

Khloé does a range of rotations with a lot of repetition – from 15 to 20 reps or 24 to 32 reps – depending on the weight she's using, and her workouts are far from boring.

Khloé's protein-heavy diet – including lots of daily egg whites – has also played a major role in the reality star achieving her incredible figure.

"She gets to the gym every day without fail. She works hard, she's intense, and she makes the right choices outside of the gym. That's her secret," adds Gunnar.

When it comes to food, **Khloé** and her sisters are often seen tucking into delicious salads on their TV show and **Khloé** has finally dished on where they come from.

"One is by a restaurant called Health Nut in Calabasas. It's their iced tea and salads that I love," she reveals. "It is tasty, there are different salads, but they are the best!" **Khloé** goes on to say, "There is also a restaurant in Studio City called Stanley's and we get our salads from there too."

Of her daily diet, **Khloé** reveals, "I eat oatmeal and egg whites for breakfast and I love fruit. My trainer always says, 'If ever you are hungry and you want something, eat egg whites', and I eat salads. I am not a big fast food person. I don't eat red meat or anything like that."

Being slightly heavier than her sisters at 77kg, **Khloé** ditched fattening deserts in favour of lighter options and says of her sweet cravings, "I'll have frozen yoghurt, but I have less of it than everyone else. That way I don't binge out."

Khloé has also found drinking more water has changed her life. "I try to drink five to six litres of water a day," she says. "It is something that I have started doing in the last six to eight months and it has changed my skin, hair, nails and diet. We don't realise how we dehydrate ourselves."

Introducing the new
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Khloé in 2011



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Ana Leza

Married to Antonio Banderas: 1987 – 1996

THE *Desperado* actor was married to Ana Leza in 1987. The couple separated in May 1995 after Antonio was romantically linked to actress **Melanie Griffith**. Care to start a 'Second Wives Club', Mel?



Diahnne Abbott

Married to Robert De Niro: 1976 – 1988

THE award winning actor's marriage to his first wife lasted 12 years, which is basically a golden anniversary for Hollywood. They also have two children together, and, almost unprecedented for Tinseltown exes, they remain good friends.

THE FIRST WIVES CLUB

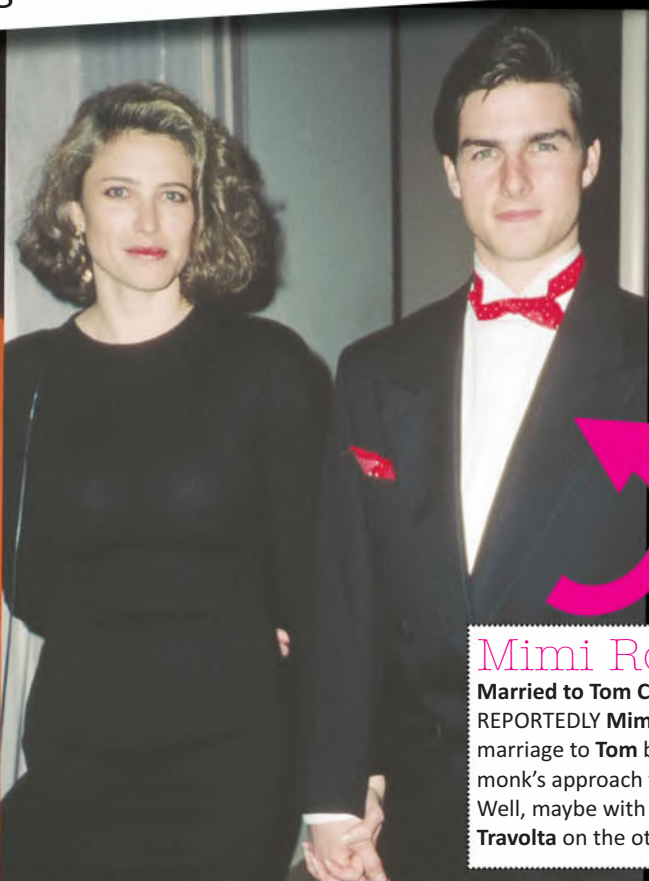
CELEBS fall in love and get married. And divorced. And married again. Meet some of their original partners.



Talia Balsam

Married to George Clooney: 1989 – 1993

BEFORE **Amal**, there was Talia. George married the actress in Las Vegas in 1989 and they divorced in 1993. It shouldn't be difficult for Amal to outdo that.



Mimi Rogers

Married to Tom Cruise: 1987 – 1990

REPORTEDLY Mimi had to end her marriage to Tom because he took a monk's approach to, ahem, intimacy... Well, maybe with you, Mimi. John Travolta on the other hand...

BY PEARL MPHUTHI

THESE A-listers thought their skeletons were safe and sound locked in their closets! But we consulted our archives and pulled out a few of their old flames – the first 'till death do us parts'. And guess what – they're still very much alive! The list is jaw-dropping! Check it out.



Donna Peele

Married to Charlie Sheen: 1995 – 1996

DONNA had to end her one-year marriage when big shot **Charlie** was outed as one of the clients of an escort agency. Oops!



Melissa Womer

Married to Jim Carrey: 1987 – 1995

THE funnyman was married to the actress for eight years. A year after his divorce, he married his *Dumb And Dumber* co-star **Lauren Holly** (though that didn't last very long, either).



Diandra Luker

Married to Michael Douglas: 1977 – 2000

BEFORE there was a **Catherine Zeta Jones**, there was Diandra! Their marriage was going on an astounding 23 years, so Diandra really should have seen it coming. Don't feel too bad for her, though. She walked away with millions as part of the settlement.



Madonna

Married to Sean Penn: 1985 – 1989

ONCE upon a time! Can you believe these two were once married? Not that it lasted very long. They obviously weren't too serious about the 'til death do us part' bit, and **Sean** left **Madge**.



Mary Marquardt

Married to Harrison Ford: 1964 – 1979

THE *Indiana Jones* star has always been private about his love life, though he wasn't as private as Mary would have liked when he kicked his 15-year marriage to the curb.



Patricia Arquette

Married to Nicolas Cage: 1995 – 2001

ANOTHER first marriage surprise is the union between these stars. **Nick** married **Patricia Arquette** in 1995, but the couple split in 2001. Something about him being cagey all the time or something...

Cindy Crawford

Married to Richard Gere: 1991 – 1995

THE actor/activist was once model **Cindy Crawford's** husband. The pair (along with **Cindy's** mole) married in 1991 and divorced in 1995. Perhaps they would have had more luck if her mole had been a gerbil...

Scott Headed To The

BY EL BROIDE

KOURTNEY is desperate for **Scott** to get help – even if it means putting him under psychiatric observation.

Psych Ward?

PICS: WWW.ELITEPHOTOAGENCY.COM

WHILE **Scott** and **Kourtney** have officially ended their relationship, the truth of the matter is that the former lovebirds have three children together. **Kourtney** would never force Mason, Penelope or Reign Disick to cut themselves off from their dad, but she wants to make sure that **Scott** is mentally stable before he can be exposed to them on a daily basis again.

Scott's excessive partying and drinking caused the two to end their nine-year relationship and his behaviour is just getting worse. **Scott** has started his club appearances again and has been seen flirting with many of the girls he meets there. Now, **Kourtney** is taking matters into her own hands, and she and the rest of her family are ready to take drastic measures to protect the father of her three children.

"**Scott** is spiralling out of control with booze and drugs. He doesn't seem to care if he lives or dies," a family friend says. "**Kourtney** and her family are concerned that he's going to hurt himself, so **Kris** is talking to one of their attorneys about having **Scott** involuntarily committed to a psych ward. It's the only thing left to do."

The family is incredibly concerned and know that **Scott** remains an important part of their lives, so they are doing everything in their power to calm him down. "In order to get **Scott** the help they reportedly feel he needs, they're required to file a 5150 hold, which could commit him to a mental-health facility for 72 hours against his objections. For this plan to work, **Scott** has to show that he's a danger to himself or others."

Kourtney is doing everything she can to keep **Scott** a part of her family life, however, she knows that if he doesn't shape up soon, his relationship with his kids could be over for good. "**Kourtney** doesn't want **Scott** back, but she doesn't want their kids to grow up without a father," the source claimed. **Kourtney** wants the best for her kids, and lately, through all this drama, Mason has been asking about **Scott** non-stop.

Another insider says, "He's going to hate the **Kardashians** for doing this to him, but **Scott** could die if they sit back and do nothing."

So it's clear **Scott** has many people worried about him and hopefully he gets the help he needs soon. It would be devastating to see him lose the relationship he has with his children over all of this.

Kourtney wants to be sure her children aren't at risk around **Scott**

DRESS

WE'RE talking classy
and stylish with this chic combo.

OVER

Get The Look
PANTS

BY SUZY MUKENDI



LOOK 1

LOOK 2

IT may feel like winter has been here forever and you're running out of things to wear, but with a little help from us, you're going to get through it without a problem!

FROM knee-length coats, faux fur and cool capes to lace-up boots, winter brings a range of fab clothing. One of this season's hot items is the 'Dress Over Pants'. They can be tricky to wear, but once you master the look the effect it great!

TIPS

* **STICK** with layering pieces constructed from silk, chiffon or satin for best results. And don't be afraid to mix and match prints, as long as they're in the same colour range.

* **FOR** a semi-formal or formal look, wear a cocktail dress and slip on a pair of sheer trousers underneath. Or if you want to wear a suit, a pleated black skirt will do the trick.



White Shirt:
R699, By Trenery,
Woolworths



Necklace:
R89, By
Utopia,
Zando



Cross-Body Bag:
R350, Woolworths



Grey Pants:
R119.99, Mr
Price

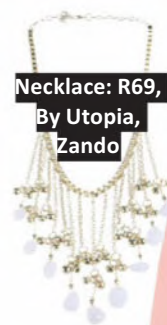
Coat: R1 299, By
Ilan, Zando



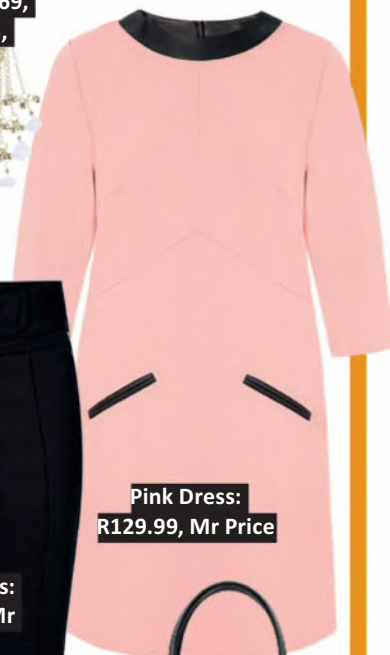
**Yellow
Heels:** R599,
Woolworths



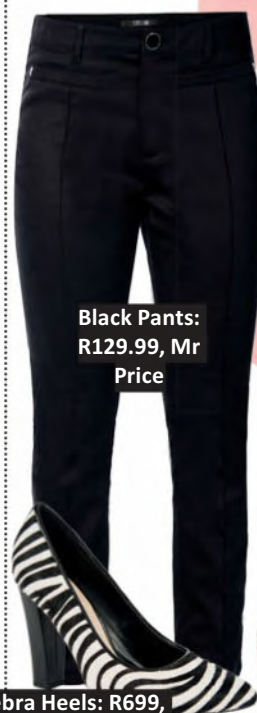
Dress: R319, By
Utopia, Zando



Necklace: R69,
By Utopia,
Zando



Pink Dress:
R129.99, Mr Price



Black Pants:
R129.99, Mr
Price

Zebra Heels: R699,
Woolworths



**Structured
Handbag:** R649,
Woolworths

FASHION
FIX

WE'LL help you with
all your fashion
dilemmas!

DEAR Suzy, I often take hours to dress as I always choose style over warmth. The problem is I then look good but I freeze. Please help, from freezing for fashion.

DEAR Freezing For Fashion

The easiest way to look chic and stay warm is to cover up as you ordinarily would and then throw on a coat and scarf, as these items instantly turn a casual outfit into something more stylish and trendy.

DEAR Suzy, I often take out all my warm clothes and stare at them, not knowing what to wear or what to pair items with. Any tips you can give me? From Pairing Confused

DEAR Pairing Confused

Try pairing a stripe top with printed pants or patent leggings. By doing this your outfit becomes instantly more eye-catching. Pop on a pair of your favourite booties for height, a faux fur and a statement necklace to complete the look.

DO you have a fashion problem you just can't solve? Then e-mail **people's** Fashion Editor, **Suzy**, for all your fashion enquiries at



WHAT we love about winter is the versatility of a winter wardrobe. There are endless options available to you. The art to dressing up in winter is mixing different elements together. While anyone can throw on a jacket, it takes skill to look stylish and warm. Follow our tips and ideas on how best to wear items and watch your winter outfits take on a whole new personality.

LITTLE WINTER MIX

A GREAT way to dress for winter is to not only layer your clothes, but mix things up a bit. Try pairing items that you normally wouldn't put together. That way you'll always stand out and look effortlessly chic.

Winter's

LOOK TWO



LOOK ONE



TIP

MAKE sure whatever top or shirt you choose to pair with your dungarees is fitted. Stay away from anything baggy, as that will give the impression of a full stomach and wide waist.

LOOK FOUR



TIP

A TASSEL top is a perfect show-stopping item when paired with a printed jacket. Because it's quite busy on top, make sure to keep the bottom part simple.

LOOK THREE



LOOK FIVE



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FOSCHINI: (011) 685-1403 / JET: (011) 685-7000 / G COUTURE: (021) 447 3280/86/89. / MADISON SHOES: (021) 510-4510



RICH MIX

THERE'S a veritable treasure trove of style to carry you through the cooler months.

LOOK SIX



TIP

JERSEY dresses are versatile pieces that work well with denim shirts, waistcoats, jackets and coats. They can also be paired with any style of shoe.

LOOK EIGHT



TIP

IF you're wearing anything metallic and don't want to look too flashy, then accessorise with white. It not only looks chic but it also tones down the metallic effect.

LOOK NINE



LOOK SEVEN



LOOK TEN



STYLIST: SUZY MUKENDI
PHOTOGRAPHER: TAMIKA MILLER

WINTER

THIS week we give our full and undivided attention to accessories. They can make or break an outfit, turn a plain outfit into something special or can make an old outfit look brand new! For some people, accessorising is overwhelming. Never fear, though! Have a look at these gorgeous accessories and tips on how to add the perfect pop to your look.

TIP

TO highlight the accessories, make sure your outfit is neutral. That way your accessories pop and your outfit doesn't look too busy.

1



2



3



4



5



6



- 1. Necklace: R219.50, Colette By Colette Hayman
- 2. Sneakers: R1 099.95, By Sissy Boy, Stuttafords
- 3. Ring: R130, Lovisa
- 4. Cuff: R499, Accessorize
- 5. Bracelets: R25.99, Mr Price
- 6. Handbag: R1 999.95, By Paul's Boutique, Stuttafords

Fashion DRAMA

TIP

ALWAYS consider the pattern, length and colour of a necklace before adding it to your look. In most cases a solid colour top will complement the necklace and give you a mod look.

1. Earrings: R230, Lovisa
2. Necklace: R299.50, Colette By Colette Hayman
3. Heels: R1 899.95, By Ted Baker, Stuttafords
4. Hand Chain: R39.99, Mr Price
5. Ring: R39.99, Mr Price
6. Bracelets: R19.99, Mr Price
7. Handbag: R3 499.95, By Ted Baker, Stuttafords



TIP

TOO many colours and embellishments can create visual discord, while too little can just look plain. A good way to wear jewellery is to match a colour from your handbag or shoes.

1

2

3

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10

1. Black Necklace: R350, Lovisa

2. Statement Necklace: R359.50, Colette By Colette Hayman

3. Pumps: R999.95, By Ted Baker, Stuttafords

4. Sneakers: R799.95, By Sissy Boy, Stuttafords

5. Ring: R149.50, Colette By Colette Hayman

6. Cuff: R39.99, Mr Price

7. Floral Bag: R2 299, By Ted Baker, Stuttafords

8. Hand Chain: R39.99, Mr Price

9. Bracelets: R25.99, Mr Price

10. Pink Tote: R2 999.95, By Ted Baker, Stuttafords

TIP

If you're unsure to dive right into wearing jewellery, then buy a piece in gold and see how it looks with different outfits.

1

2

3

4

5

6

7

8

1. Heels: R549.95, By Sissy Boy, Stuttafords

2. Earrings: R160, Lovisa

3. Statement Necklace: R249.50, Colette By Colette Hayman

4. Chain Necklace: R260, Tessa Design

5. Perspex Necklace: R199.50, Colette By Colette Hayman

6. Rings (Set Of Six): R39.99, Mr Price

7. Bag: R1 399.95, By Ted Baker, Stuttafords

8. Bracelets: R49.99, Mr Price



1. Heels: R1 699.95, By Ted Baker, Stuttafords
2. Flower Necklace: R599, Accessorize
3. Tassel Necklace: R219.50, Colette By Colette Hayman
4. Plum And White Necklace: R599, Accessorize
5. Bracelets: R49.99, Mr Price
6. Handbag: R1 899.95, By Paul's Boutique, Stuttafords
7. Silver Jewel Necklace: R599, Accessorize
8. Ring: R39.99, Mr Price

TIP

SILVER and gold long or tassel necklaces add a sense of style to your outfit, as the lengthy accent usually complements not only your neckline, but mid-body as well.

Botanical Beauty

Beauty
BY CARLI PRINSLOO



NATURAL beauty
made simple.

UNTIL recently, many natural cosmetics companies simply couldn't afford to compete with more established brands. Products claiming to be free of preservatives (like parabens) often also lacked key active ingredients, like formulations necessary to deliver bold pigments to lips and eyes, lasting coverage for imperfections or an enviable glow to cheekbones – are the exact reasons why people wear make-up. Fortunately, those who strive to add eco-friendly and more natural options to their make-up bags now have reason to rejoice, because the world of natural beauty has made huge advances in the past few years. Need proof? Have a look at celebrities like **Miranda Kerr**, **Jessica Alba** and **Cameron Diaz**. See them on the red carpet and you will know that they aren't sacrificing their looks to be eco-friendly. So there's no excuse not to embrace the wonders of nature!

SHOP SMART

BEFORE buying a product, think about these tips.

START SMALL

FOCUS on what product you use the most or on what has the most contact with your body. Going eco-friendly can often be more expensive, so start with your body and face lotion – as these are used daily over larger surface areas – instead of something like mascara.

INDEPENDENT CERTIFICATION

IF there is a logo on the packaging from a certifying company, like Ecocert, you can be sure the product complies with strict standards. These companies make sure that the maximum number of organic ingredients are used and that the farming methods are sustainable and organic.



SHELF LIFE

A PRODUCT that is truly organic will have a 'batch' date and a 'best before' date, just like food. It's normally around 18 to 24 months. If the product claims to be good for longer, ask yourself, "What is preserving it for such a long time?"

PACKAGING PROBLEM

IF the brand over-packages a product, then it's a good indication of its priorities. A brand that boasts about its eco credentials should be ethical from start to finish.

PLANT LIFE

WHEN looking at ingredients listed on products, check for lots of plant extracts in the first half of the list. This means that the formulation actually does something good for the skin. Look out for ingredients like green tea, jojoba, rosemary and cocoa. These all have hydrating and nourishing properties.



ICS:GREATSTOCK/WWW.ELITEPHOTOAGENCY.COM



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PEOPLE 35

(Eco) Beauty Queen



ILZE SAUNDERS, current Miss Earth SA, gives **people** her view on beauty that is eco-friendly.

"Live healthy, eat healthy and think healthy."

true inspiration are: with your voice – friendliness, with your eyes – compassion, with your hands – giving, with your posture – sincerity and with your heart – love.

Which Miss Earth sustainability project has been the most rewarding to work on?

I CAN'T choose only one, because every project we do has such a great impact. I have had special moments with every community I have engaged in – our food security projects, tree plantings with schools and energy efficiency projects, along with water and waste management and our stationery drives, give hope and help equip communities. Giving the gift of education and empowering the youth to believe in themselves and to create their own opportunities is what we call 'eco-preneurship'. This is what makes my year as Miss Earth South Africa so meaningful.

How much do you think looking beautiful – make-up, clothes, skin products, surgery, etc. – contributes to environmental degradation?

WE each have a huge impact on the Earth. We are taking from resources every day to survive, from food and water to the clothes we wear. Skin products, soaps, detergents and perfumes we manufacture all contribute to pollution and create landfill waste. What can we do? We need to live lighter. We need to tread lightly on the Earth and give back as much as we can. Become aware of what we use on and in our bodies, in our kitchens, in our bathrooms and in our bedrooms. We must be aware of which products are tested on animals, know the chemicals that are negatively affecting us and our water systems. It's our responsibility to give back to Mother Earth. It's our responsibility to 'vote' with our money and let manufacturers know what we will support and what practices we won't.

What tips can you give for looking good in a way that's environmentally sustainable?

USE eco-friendly products, especially those that have the Beauty Without Cruelty stamp of approval. It's not just about the chemicals within a product, it's the animal testing that happened before shelving. Feel good and live

modestly. Support upcycling and recycled clothes, accessories and jewellery. Live by being green in all aspects of your life, don't just talk about how good and important it is.

I LZE SAUNDERS shares green cosmetic products that are kind to your face and body and to mother earth.

Do you purchase and use organic, and eco-friendly beauty products? Which brands are your favourites?

AS Miss Earth SA I'm very fortunate to be supported and sponsored with amazing

products, like **Baobab Oil** (R106.90) from EcoProductsZA, and an organic skin care range called Healing Earth based in Cape Town. This brand not only supports local companies, but it has a full body range that keeps me looking and feeling gorgeous. I also have a secret: My tan is natural, but with a bit of help from **Tan Organic**. It keeps my skin healthy with the kiss of nature. I always look for the Beauty Without Cruelty bunny on any product I use. Once a Miss Earth, always a Miss Earth. We walk, live, eat, breath and fight for nature no matter what.

What is your favourite natural ingredient to look for in skincare products?

BOABAB oil. It contains omega 3, 6 and 9 fatty acids, which contribute to maintaining healthy skin and rebuild scar tissue.

What is beauty according to you?

I BELIEVE beauty comes from within. My five golden rules for being a woman of



Go Green

10 Top-To-Toe Beauty Buys



Day And Night Cream:
R249.95, By HumanKind, Clicks



Lacquer In Emerald City: R147, SpaRitual



Six-Piece Starter Set: R224.95, By EcoTools, Clicks



Contouring Body Gel (250ml): R375, Placecol



Gel Cleanser (100ml): R160, Esse



Blemish Be Gone: R220, Juice Beauty



Tinted Self-Tan Mousse: R755, Vita Liberata



Marula Hair Treatment Oil: R85, By Kalahari, Africa Organics



Foot Peel: R94.99, Skin Republic



Vitamin Skin Booster Serum: R300, Africaology

Tinseltown's Natural Beauties

CELEBS who fight the eco fight while still looking fabulous.



SANDRA BULLOCK'S acting skills are award-winning, but so are the beauty products she uses. After a make-up artist used **Aroma Night Regenerating Cream** by Decl or on her skin for a photo shoot, the star requested her own jar. It's no wonder it's **Sandra's** favourite: besides being eco-friendly, the paraben-free moisturiser makes skin supple and helps foundation go on smoothly.



Aroma Night – Regenerating Night Beauty Cream: R695, Decl or



JULIA ROBERTS lives holistically. Her eco-friendly lifestyle includes the use of green beauty products, and one of her favourite natural brands is Dr. Hauschka, a line she calls 'amazing'. "I love it," says Julia about Dr. Hauschka's **Rose Day Cream**. With extracts of rose petal and avocado to soothe skin and reduce redness, the cream's ingredients, like those found in the entire Dr. Hauschka collection, are biodynamically grown and harvested. The product is also kept fresh with natural botanical preservatives instead of chemical additives.



Rose Day Cream: R422, By Dr. Hauschka, Woolworths



"THE environment has always been my passion," says **Gisele B ndchen**, Goodwill Ambassador for the United Nations Environment Programme. "I grew up in a small town and I had the opportunity to live, surrounded by nature. We must act now, so future generations have the same opportunity." The eco-conscious supermodel also launched **Sejaa Pure Skincare**, an environmentally friendly line of beauty products.



KORRES' Lip Butter In Guava, is **Jessica Szohr's** favourite, according to her make-up artist, Tina Turnbow. "Jessica likes it when I prep her lips with this product, because it makes them feel smooth, tastes yummy, and it's natural," she revealed. When crafting skincare and make-up products, the Greek cosmetic company uses only biodegradable, petrochemical-free ingredients. Additionally, the heat required for the manufacturing process comes from a power-saving steam generator and any potentially harmful products are removed from the soil and safely destroyed. Korres' product containers are 100 percent recyclable too.



Korres' Lip Butter In Guava: R110, available at selected Edgars stores



TO help maintain her spray tan, **Victoria Beckham** says she uses The Body Shop **Mango Body Butter**, which has community fair trade cocoa butter in it.

Mango Body Butter (10ml): R150, The Body Shop



Five Amazing Uses For Green Tea



Cleanser GREEN tea is an effective skin cleanser for all skin types. Massage a mixture of infused green tea and two tablespoons of honey over your face and rinse.

Toner LET green tea cool in a spray bottle to mist all over your face.

Mask TO clear acne-prone skin, add two tablespoons

of honey to one table spoon of infused green tea, apply, and leave for 20 minutes.

Eye Care PLACE two infused green teabags in the freezer for five minutes and leave on your lids for 10 minutes. No more puffy, swollen eyes!

Steam Facial ADD green tea leaves to boiling water and leave it to diffuse. Then soak a washcloth in it and steam your face for five minutes.

Don't Forget! Drink two to four cups of green tea a day for overall wellness.



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PEOPLE 37

Face Time

STAY gorgeous with eco-friendly all-natural make-up. It's not only great for protecting skin, but it's environmentally friendly too.

Lash Extender: R420, By Divaderm, Absolutskin

Conditioning Lip Colour In Pink: R268, Juice Beauty

BB Cream: R115, Beaucience

Expressions Eye Shadow: R205, Bodyography

Lip Balm: R150, By EOS, Polish Nail Spa

Organic Wear 100 Percent Natural Origin Mascara: R169, By Physician's Formula, Dis-Chem

HAVING 'grown up in a make-up chair', as she puts it, **Drew Barrymore** has a thing or two to say about cosmetics. That's why in 2013 she launched Flower Beauty, her eco-friendly make-up line. The products use botanical-infused ingredients, making them as green as can be. Plus, they're not tested on animals!



Green Girl!

WE asked local environmental activist Tamerin Jardine why she thinks beauty should be eco-friendly and not tested on animals. "I THINK the question asked shouldn't be 'Why do you think that beauty should be cruelty-free?', but rather, 'Why isn't it the only option for beauty?' I always wonder why anyone would want a beauty product that is tested on animals and that results in skin rashes and so much more. Is your beauty more important than animals' safety and well-being? Cruelty-free beauty, in my opinion, should be our only option. With regard to being eco-friendly, this means products that don't contain certain chemicals that poison our water system and chemicals that aren't the best for our skin. Being that water is becoming a scarce commodity, this should be an imperative decision when choosing a beauty product that it is both eco-friendly and cruelty free."

HOW GREEN IS YOUR BEAUTY ROUTINE?

When you're done blow-drying your hair, you:

- A. Leave the dryer plugged in, then plug in your curling iron to finish the look.
- B. Turn the blow-dryer off and start on your make-up.
- C. Unplug the dryer before doing anything else.

How much do you pay attention to packaging?

- A. I'm a sucker for cute boxes and pretty packaging.
- B. Not much. I buy products I need or want.
- C. I try to buy products with the least amount of packaging possible.

How many products do you own that contain parabens as an ingredient?

- A. What are parabens?
- B. A few, maybe, but I didn't notice until after I had bought them.
- C. I've tried to get rid of anything containing parabens from my bathroom.

What do you do with your cosmetics containers when you've finished the product?

- A. I throw them away.
- B. I recycle what I can.
- C. I recycle or reuse them to hold other things.

Does your lip balm contain petroleum?

- A. I have no idea.
- B. Probably.
- C. No, it's made of beeswax.

Mostly As Eco-Novice

WHY should we go eco with beauty? Nature gives us so many things for free: clean air, clean water, beautiful landscapes. The least we can do is show our appreciation by protecting and preserving our environment.

Mostly Bs

Conscious

YOU are aware of the effect humans have on the environment and are doing your part to help. Why not take the next step and green your beauty routine?

Mostly Cs

Green Queen

NO need to tell you how to contribute to the environment. Keep up the good work!



TV personality, author, lifestyle and fitness expert **Lisa Raleigh** will help you achieve your desired celebrity body.

FOLLOW your favourite celebs' exercise routines and look and feel as good as they do!

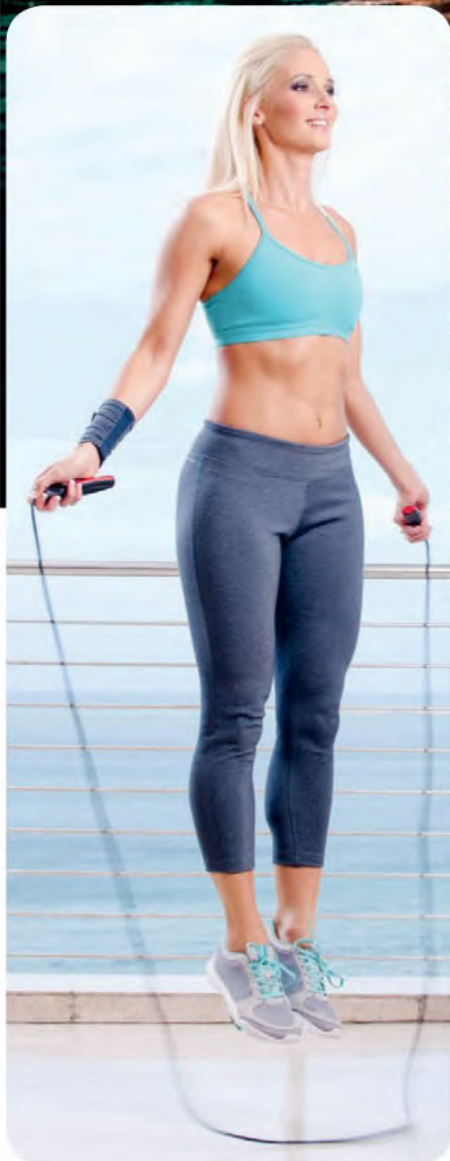


Tone Up Like Dallas Friday

D ID you see those photos of Dallas Friday in her nude athlete shoot? The water sports champion bared all while wakeboarding, revealing some serious muscle. The athlete admits she upped her training and eating regime before the shoot, but in general she is still on killer form. Here are a few ways to tone up like Dallas:

- * **Cut Out Bad Carbs:** Dallas refuses to eat refined or sugary carbs, opting only for smaller portions of healthier versions, like brown rice, sweet potatoes and starchy veg.
- * **Eat A Clean Dinner:** Lean, white fish and broccoli or asparagus usually features at the dinner table, all packed with vitamins and minerals.
- * **Punch It Out:** Dallas credits boxing to helping her tone up fast and take her cardio endurance to the next level. It is a great way to tone the whole body at the same time.
- * **Add Intervals:** Incorporating sprints into your cardio is one of the best ways to target fat and blast calories. Dallas adds in sprinting intervals for major toning action.
- * **Squat:** This is one of the best ways to target the lower body as a whole. With Dallas focusing mainly on her butt, thighs and abs, squats were a major feature in every workout.

HERE are three of **Dallas'** favourite compound exercises for not only targeting the lower body and abs, but also boosting your energy.



1

Jump Rope

THIS one needs no explanation. For a tougher workout, jump the rope with both feet lifting off the ground together, versus one at a time. Aim for three sets of 10-16 jumps.



2

Plank With Leg Lift

MOVE into a plank position, either with arms straight or forearms flush against the floor. Keeping your core and legs tight, lift up one leg at a time, alternating them fairly quickly. Aim for three sets of 10-16 reps.

Curtsy Lunge

START by standing with your elbows crossed in front of you for balance. Take a giant step diagonally back with one foot and cross it behind the other. Quickly sink down, bending your knees as if curtsying. Rise up with momentum, jumping from your one foot onto the other and repeating on the opposite side for an explosive movement. Aim for three sets of 10-16 reps.



3



DON'T CATCH A COLD At The Gym

YOU'RE feeling dedicated and full of energy, but you're surrounded by sick people who are trying to exercise during winter. Plus, high intensity workouts can also weaken your immune system, making it easier to catch the common cold. Here's how to try to avoid getting sick while at the gym, courtesy of All4Women.co.za:

- * Start taking a good vitamin C supplement.
- * Get the flu vaccine.
- * Decrease your intensity during workouts when stressed, if you aren't getting enough sleep or are feeling under the weather.
- * Make sure that you are getting enough sleep (six to eight hours). A lack of sleep compromises your immune system.
- * Eat healthy foods that will help your body fight off any infections.
- * In the gym, always use the sanitising spray and wipes on equipment. You don't know who might have sneezed or coughed on the exercise equipment before you!
- * Although everyone likes to look good while training, make sure that, once you stop exercising, you have something warm and dry to keep your body temperature from dropping too low after workouts.

Stacy Flexes Those Arms

SHE might have lost out on becoming Mrs George Clooney, but she can still get any man's attention with that body. Stacy Keibler, who had a baby less than a year ago, is looking fabulous, and was spotted flexing her toned arms during a morning hike in Los Angeles recently. She had her figure back in two weeks post-baby, and her abs were better than ever just four months later. Simply gorgeous!

Different Types Of Exercise

A QUESTION everyone always asks when trying to lose weight or stay in shape: Do I need different types of exercise? Helpguide.com shares some tips below, adding that while any kind of exercise offers tremendous health benefits, different types of exercise focus more on certain aspects of your health.

- * Aerobic activities like running, cycling, and swimming strengthen your heart and increase your endurance.
- * Strength training like weight lifting or resistance training builds muscle and bone mass, improves balance and prevents falls. It's one of the best counters to frailty in old age.
- * Flexibility exercises like stretching and yoga help prevent injury, enhance range of motion, reduce stiffness, and limit aches and pains.

Stand On One Leg

WHY, you ask? To improve your balance, for starters. Holding onto the back of a chair for stability, lift one heel toward your buttocks. Hold for 30 to 45 seconds three times per leg. To improve your balance on unsteady surfaces, try this with shoes off on a balled-up beach towel. Like everything else, balance gets better with practice.

Get Fitness Ready

Sling Bag:
R69.99,
Mr Price

Navy
Leggings:
R599, By
Puma,
Zando

Pink Sports
Bra: R349, By
Nike, Zando

WIN WIN WIN NRF Vitamin C Giveaway

WITH winter upon us it's important to try to stay healthy. NRF Vitamin C is for the whole family – and the new NRF VitC 1 000 Travel Pack is a convenient method of taking vitamin C when out and about, as they can easily be slipped into pockets or travel bags. Generally identified with fighting colds and flu, vitamin C has wide-reaching health benefits and is required for many physiological functions in the body, such as the biosynthesis of collagen, L-carnitine and some very important neurotransmitters.

people is giving away five NRF Vitamin C hampers valued at R250 each. To win, send your name and the words 'NRF VITC' to 48408. Smses cost R1.50. Free smses do not apply. Terms and conditions apply. The closing date for entries is August 24, 2015.



STOCKIST: MR PRICE: 0800 212 535 / ZANDO: 0861 192 636
*PRODUCTS AND PRICES CHECKED AT TIME OF GOING TO
PRINT ARE SUBJECT TO CHANGE

PEOPLE
EXCLUSIVE
PIC!

WHO says healthy eating isn't tasty?

Spice Up

MANY people who struggle to lose weight complain that junk food tastes better than good food. So why not just spice up the good food and enjoy the healthier dishes? Your body will thank you.

Learn to cook with spices – they are natural and healthy alternatives to things like table salt and sugar and can open up a whole world of culinary experiences. All4Women.co.za suggest you get your hands on a couple of specifically designed spice-mixes like a meat spice, a chicken spice and a fish spice (make sure they are all natural) and a pepper grinder. Then spend some time learning about the various spices used in your favourite meals, and cook up a storm – a healthy one!

Are You Ageing Well?

HEALTHY ageing is about much more than staying physically healthy. In order to age healthily you need to be emotionally healthy and maintain your sense of purpose and zest for life, say experts. While everyone is different, the basic recipe, says Helpguide.com, involves finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones. Adopting a healthy lifestyle now can leave you not just feeling healthier and more vigorous but also happier and more fulfilled.

CALORIES FOR 50+

ACCORDING to www.helpguide.com, and courtesy of the National Institute of Ageing, you should follow the guide below when it comes to your calorie intake over the age of 50.

A WOMAN OVER 50 WHO IS:

- * Not physically active needs about 1 600 calories a day
- * Somewhat physically active needs about 1 800 calories a day
- * Very active needs about 2 000 calories a day

A MAN OVER 50 WHO IS:

- * Not physically active needs about 2 000 calories a day
- * Somewhat physically active needs about 2 200 – 2 400 calories a day
- * Very active needs about 2 400 – 2 800 calories a day



Courtesy of www.all4women.co.za, www.goodhousekeeping.com, www.care2.com and www.health.com, courtesy of helpguide.com

Health News

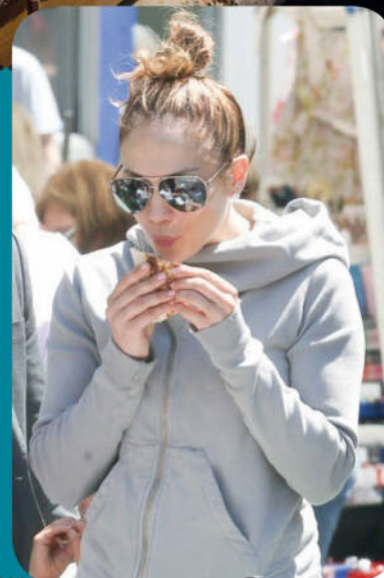
BY ANGELA BEKIARIS

Your Life



PICS: GREATSTOCK

"I eat meat, I eat carbs, I even eat McDonald's... What I don't ever do is overeat. I don't eat desserts, and I can limit the chocolate chip cookies to one or two." – Jennifer Lopez



FOOD YOUR BODY NEEDS AS YOU AGE

WE share some of the important foods you should be including in your diet as you age.

- * **Fruit:** Focus on whole fruits rather than juices for more fibre and vitamins and aim for one and a half to two servings or more each day. Go for colour-rich pickings like berries or melons.
- * **Veggies:** 'Colour' is your credo, so choose antioxidant-rich dark, leafy greens such as kale, spinach, and broccoli as well as orange and yellow vegetables, such as carrots, squash, and yams. Try for two to two-and-a-half cups of veggies every day.
- * **Calcium:** Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. Older adults need 1 200mg of calcium a day through servings of milk, yoghurt, or cheese. Non-dairy sources include tofu, broccoli, almonds, and kale.
- * **Grains:** Be smart with your carbs and choose whole grains over processed white flour for more nutrients and more fibre. Look for pasta, breads, and cereals that list 'whole' in the ingredient list. Older adults need 170 to 200g of grains each day (one slice of whole grain bread is about equivalent to 28g).
- * **Protein:** Adults over 50 without kidney disease or diabetes need about one to 1.5g per kilogram of bodyweight. Try to divide your protein intake equally among meals. It's important to vary your sources of protein instead of relying on red meat, including more fish, beans, peas, eggs, nuts, seeds, and low-fat milk and cheese in your diet.

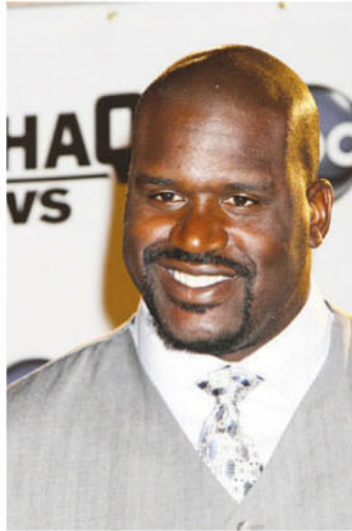
COURTESY OF HELPGUIDE.COM

Celebs With SLEEPING DISORDERS



Jimmy Kimmel – Narcolepsy

THE late-night talk show host suffers from narcolepsy, which causes sufferers to feel intensely sleepy during the day and fall asleep unexpectedly. "With narcolepsy, just the inside of your head is tired. It's like somebody's gently sitting on your brain. You have almost no focus. All you're thinking about is not falling asleep," says Jimmy.



Shaquille O'Neal – Sleep Apnoea

THE famous basketball player suffers from Obstructive Sleep Apnoea, which is characterised by multiple interruptions in breathing as you sleep, often causing you to wake up gasping. The star uses a continuous positive airway pressure (CPAP) machine to help stabilise his breathing at night.



Rosie O'Donnell – Sleep Apnoea

ROSIE was diagnosed with sleep apnoea in 2007. "I didn't know that I had it, but I suspected," Rosie said, adding that she had been a little embarrassed about the issue because of the connection between sleep apnoea and excess weight. She underwent a sleep study and found out that she had more than 200 micro-awakenings.



Jennifer Aniston – Sleepwalking

THE former *Friends* actress is rumoured to have repeated incidents of sleepwalking, technically known as somnambulism or 'night-time wandering', say sources. About one in three adults has at least one episode of night-time wandering during a lifetime, a *Neurology* study found.

Symptoms Of Sleep Apnoea

- * Loud, chronic snoring
- * Frequent pauses in breathing during sleep
- * Gasping, snorting, or choking during sleep
- * Feeling exhausted after waking and sleepy during the day, no matter how much time you spent in bed
- * Waking up with shortness of breath, chest pains, headaches, nasal congestion, or a dry throat
- * Difficulty falling asleep at night or getting back to sleep after waking during the night
- * Waking up frequently during the night
- * Your sleep feels light, fragmented, or exhausting
- * You need to take something (sleeping pills, nightcap, supplements) in order to get to sleep
- * Sleepiness and low energy during the day

Insomnia: The Most Common Sleep Disorder

DID you know that insomnia, the inability to get the amount of sleep you need to wake up feeling rested and refreshed, is the most common sleep complaint? According to helpguide.com, insomnia is often a symptom of another problem, such as stress, anxiety, depression, or an underlying health condition and can also be caused by lifestyle choices, including the medications you take, lack of exercise, jet lag, or even the amount of coffee you drink.

DID YOU KNOW?

SLEEP is essential for energy, health, productivity, and emotional balance – and according to reports, most people don't get nearly enough. The way you feel, think and act during your waking hours hinges on how well you sleep at night.

TIP

THE cure to sleeping problems and daytime fatigue can often be found in your daily routine. Make simple changes to ensure you get the sleep you need.

Do You Have A Sleeping Disorder?

IF you answer yes to any of the following questions, you may have a sleeping disorder, say experts:

- * Do you feel irritable or sleepy during the day?
- * Do you have difficulty staying awake when sitting still, watching television or reading?
- * Do you fall asleep or feel very tired while driving?
- * Do you have difficulty concentrating?
- * Do you often get told by others that you look tired?
- * Do you react slowly?
- * Do you have trouble controlling your emotions?
- * Do you feel like you have to take a nap almost every day?
- * Do you require caffeinated beverages to keep yourself going?



Dr Karen Koch, a general practitioner, answers your health questions.



DEAR DOC,

I'VE been with my boyfriend for a year and half now and he is so incredible. He really is a wonderful guy. When we first started dating, he told me that he had a heroin problem four years ago but got clean and has been clean since. I believed him, and so we dated and our relationship blossomed – no problem. Earlier this week, however, I found out that he's taking strong pain meds for his knee pain, and that he may be using more than he should. Before things got any more out of hand I made him go into a detox programme. What do I do now about our relationship?

Living With An Addict

DEAR LIVING WITH AN ADDICT,

HERE'S the thing: Your boyfriend is an addict and that will never, ever change. He may learn to control his temptations and avoid triggers, (although taking pain meds when you've had a heroin addiction doesn't bode well for the latter), but he will never be able to stop being an addict. Addiction is a disease that he will live with as long as he's alive, and there will probably be good days and not-so-good days and there may be times when the temptation wins. It's important that you understand this and keep your eyes open. A relationship with your boyfriend means a relationship with his addiction as well.

Everybody has issues. It's not about simply labelling someone and then deciding to toss the relationship aside. Be honest about how you feel. Get some counselling for yourself. It's okay if you feel like you can't do this relationship; It's okay if you feel like you can.

You can have a happy life with an addict. You can have a family and a great relationship. But things can also be very, very challenging. You need to think about what you are willing to live with, what your priorities are, and what 'give him a chance to fix things' actually means and looks like. If it's 'one more strike and he's out', be clear about that with him, and hold yourself to it, too. Good luck!

DEAR DOC,

I FIND it difficult to mix with people. I feel especially anxious if I'm meeting new people. Events like weddings, parties and other fun occasions are nothing but stressful. In general I'll try to avoid social events. I also find things a bit easier after a few drinks. I know this is a bad sign. What's wrong with me?

All By Myself

DEAR ALL BY MYSELF,

IT'S normal to feel a little anxious when you meet new people. For some this ordinary fear can become more than mild anxiety. From your explanation it sounds as though you suffer from a social anxiety disorder. This is very common. It can be a specific disorder (such as the fear of social situations you've mentioned) or a generalised issue. This is when the condition isn't limited to certain situations but is a persistent fear of feeling embarrassed or humiliated most of the time. You need to speak to a professional about your condition. A psychologist, counsellor or your doctor will be able to assist you. Using alcohol is a common way of 'self-medicating' this condition and can lead to long-term dependence and addiction. There are much healthier ways of dealing with this condition. Behavioural therapy and counselling can help you understand your problem and overcome your anxiety.

DEAR DOC,

I'M three-months pregnant and the current owner of two gorgeous cats. I'm really stressed about the idea of the cats with a baby. I adore my cats, but if anything were to happen to my baby, how would I live with myself? Can you keep cats if you have a baby? Are there medical risks to the child?

Kids Or Kitties

DEAR KIDS OR KITTIES,

THIS is *such* an important issue. Many parents assume that babies and animals can't co-exist and an enormous number of animals are tragically given up for adoption for fear of the new baby's safety.

Obviously your child's safety should be your first priority. However, there is no reason children and animals can't live in peace. In terms of infection, cats (and dogs for that matter) do not have any diseases that are risky to children. In fact the most dangerous thing you can do to a newborn is introduce them to another toddler!

Early exposure to animals does not cause allergies. In fact it has been found to reduce your child's overall risk of eczema, asthma and hay fever. However, if your child does develop any of these conditions growing up you may have to take environmental issues into consideration – pets and carpets in the bedroom are then best avoided.

Make sure you introduce your kitties early to your baby. You want to keep your cats out of the baby's crib, but (in my opinion) not out of the nursery. Trying to keep your nursery cat-free will only add to your and their stress and anxiety. Most often kitties just want to have a sniff around and then return to a sunny spot far from a crying baby. Keep a spray bottle on hand if you need to reinforce the crib as a cat-free zone.



PICS: GREAT STOCK

‘Did My Back Damage **YOUR** **KNIFE?**’

BY WALTON GOLIGHTLY

DEALING with jealous colleagues is one of the most unpleasant, and unfortunately most common, aspects of workplace life. Here are some tips to dealing with this difficult situation.

YOU’VE done it! You might not have a string of fancy qualifications behind your name, but you’ve worked your way up through the ranks, proved your worth, and now you’ve been promoted to head of the department.

The thing is, how many of those congratulatory handshakes and hugs conceal seething jealousy? Some will have applied for the same post and feel they deserved the promotion; others won’t take you seriously. They’ll still see you as ‘one of the gang’ and think they can get away with just about anything.

Either way, you’ll find yourself echoing Rachel’s famous comment from *Friends*: “Did my back damage your knife?”

Says career coach and former *Fortune 500* executive Lisa Quast, “Going from a colleague who previously complained about the manager with other colleagues to the person others talk about can make for a stressful transition.”

1. IT STARTS WITH YOU

UNDERSTAND that your previous personal relationships with co-workers ‘will need to be moved to a different level’ – “You’re no longer a peer – you are now the person who assigns work, analyses productivity and provides performance appraisals,” says Quast. Remain professional at all times. Don’t show favouritism. Don’t take part in gossip or venting sessions with employees. Set a good example. Don’t, for example, think you can arrive late and leave work early.

At the same time, always remember that you deserve this promotion. An unrelenting undercurrent of workplace jealousy can undermine your self-esteem. Don’t let it. Don’t underrate or undersell your skills and abilities. Some of your co-workers are happy to do so on your behalf, so why waste your own energy? Instead, hold your head high and focus on the work.

2. NIP IT IN THE BUD

AS soon as possible after you take over, have a private chat with each of your co-workers. Talk about the expectations you have of each other and address potential problems. Remind the person you will not allow your previous relationship, whether good or bad, to influence your new managerial responsibilities. Everyone will be treated fairly and with respect. This, you’ll note, is a subtle way of underscoring the fact that you are now the boss.

Frank, the CEO of a top South African company who worked his way up through the ranks – and who has encountered jealousy and resentment with every promotion – says, “The next step is to call your team into the boardroom. Sit your people down and say you realise it was a close decision about who would be promoted and that it was your turn this time instead of them, but you really value their expertise and knowledge and hope you can all work together as a team. Mention that you realise there may be a time when they are promoted over you, and that you will gladly help them in any way you can at that point.” Then work out a game plan for how you and your team can best work together to achieve the goals and objectives of the department.

PICS: GREAT STOCK





4. FIND AN ALLY

CHANCES are, at least a few of your colleagues aren't buying what the jealous co-worker is saying about you. Don't play favourites, but cultivate them. For example, let them be the ones you first turn to for ideas to improve productivity. Make sure they know their contribution is valued.

More importantly, experts also suggest finding an ally higher up the company food chain (not your own boss, though; build up a wider network of contacts). Don't complain, but ask their advice – they've been through what you have. As for your own boss, as long as they know you're getting the job done efficiently and making them look good, jealous co-workers can say what they like.

5. (TRY TO) SEE IT THEIR WAY

IGNORE the haters, but try and envision how a jealous co-worker might perceive you. "It doesn't mean that you have to change, but this can help better frame your response when you must deal with this person," says one expert.

Have you bragged too much about your personal and/or professional accomplishments? Have you shown favouritism? Is there something you might have said, or done, to anger the co-worker?

Next, ask yourself how you can make amends. The co-worker might simply feel unappreciated – not only by you, but by their previous managers. However,

beware of showing them favouritism in order to win them over. You don't want to reward someone for their bad behaviour!

Instead, take the co-worker aside, say you sense a problem, then direct the conversation in a more positive direction. "Identify their strengths and development needs and put a plan together for helping them reach their career goals," suggests executive coach Joan Lloyd.

"The plan could also include steps to close any skill gaps they have or give them additional responsibilities in areas in which they are strong."



3. DO DAMAGE CONTROL

IN her blog, The Workplace Diva notes that jealous colleagues will try to set you up to take you down, even if it's merely through under-the-breath commentary when you're making an announcement. Don't fight fire with fire. Explains Frank, "Meet disrespect with respect – but only up to a point. If someone sets fire to your desk, thanking them for the added warmth is being a little too polite."

Smile, no matter how much it pains you. If a co-worker claims you can't handle the job, be extra careful and work twice as hard. This is not about refusing to delegate or anything like that. It's what managers do.

On a more personal level, if, say, you've heard that a colleague has been calling you 'stuck up', make a special effort to take an interest in others without going over the top. The point is, says Frank: "Even if one person continues to be jealous and abrasive – if you don't rise to the bait then you will at least gain the respect of your co-workers as they watch you deal with this petty person with dignity."

6. DEAL WITH IT

SADLY, there might come a time when, despite your best efforts, you have to 'get official' and confront a colleague about their comments, because their bad attitude is affecting office morale, not to mention the quality of their own work. Don't be afraid to go this route – if the department's productivity drops, *you* will be blamed (and then to blame others will only make you seem even more incompetent).

As ever, be professional. Follow the company guidelines for complaints and disputes to the letter. Let the other person be seen to be the one who is 'getting personal'.

7. DOCUMENT IT

"IT'S one thing not to be invited to join a group of jealous colleagues at the break room lunch table; it's quite another to be actively sabotaged or undercut on a project out of pure jealousy," notes The Workplace Diva.

For this reason, experts suggest that, in some cases, it may be advisable to make notes (date, time, what was said, who else was there) of the more egregious workplace manifestations of co-worker jealousy that might be impeding your ability to do your job. These will also come in handy should the person decide to make a complaint about *you*.

Ultimately, as Lisa Quast notes, "Your position as the new manager isn't about trying to be popular; it's about leading others to achieve results. No matter what happens, keep the focus on the work to be done, give it your best effort every day, treat everyone fairly...and respect should follow."



BY VANESSA PAPAS

EACH week get the lowdown on everything from selfies, social media, and skating to surfing, snogging and smoking.

School BULLYING

NO one deserves to be bullied, and it's everyone's responsibility to ensure it doesn't happen in your school.

IT happens on the playground, in the corridors, at the tuck shop, in the school hall and even in the classroom. Sometimes it happens in out of sight; sometimes it happens in the open. Some kids can brush it off. For others it can take weeks, months and often even years to get over it. For some people, the scars it causes can never heal, even when they become adults. It's called bullying, and it's a problem that happens all over the world and in all schools. It's a serious issue that can have severe effects on everyone – from the child being bullied, to the child who witnesses another being bullied, to the bullies themselves.

THE list of celebs bullied in schools is surprisingly long. *Twilight* saga star **Robert Pattinson** claims he was bullied at school because he wanted to be an actor. Musician **Justin Timberlake** got 'slurs' all the time because he was in music and art. Actress **Sandra Bullock** was bullied in school for wearing 'frumpy clothes'. **Demi Lovato** turned to homeschooling when her bullying got too bad – she was constantly teased for being 'fat'. **Miley Cyrus** says the girls in her school took it beyond normal bullying: "I spent what felt like an hour locked in a bathroom stall, waiting for someone to rescue me, wondering how my life had got so messed up."

If you're a parent reading this article, there are a few signs you can look out for that could indicate your child is being bullied. If your child suffers a drop in grades or academic performance; if they withdraw from family and school activities; if they make a beeline to the bathroom when arriving home to avoid attention; or if they behave out of character, are sad, sullen, angry, or scared of going to school, it could mean something is wrong.

THE good news is that bullying can be managed. Bullying in schools has taken place for decades but in this modern era schools have started taking it very seriously, and many of them have implemented anti-bullying campaigns. Schools should have a clear and consistent policy on the issue that is made known to all learners and parents. Ideally, the policy should include a confidential toll-free telephone line or another help service that is easily accessible. The children involved – both victims and bullies – need to be provided with counselling and behavioural interventions as soon as the problem surfaces. Schools should involve the parents in these remedial interventions. It also helps when the classroom is well-managed by teachers.



RESEARCH shows that 60 percent of boys identified as bullies in Grades Six to Nine had one criminal conviction by age 24, and 40 percent had three or more arrests. Boys identified as bullies by the time they were eight had a one-in-four chance of having a criminal record by age 30 (normal is one in 20).

"IT is not something we can be proud of, but we lead the world when it comes to the extent of bullying at schools," says Lee Loynes, CEO of Girls And Boys Town (www.facebook.com/GirlsandBoysTownSouthAfrica). Lee is a psychologist working towards a PhD in this area of work. "In a 2011 survey of 49 countries South Africa came out tops – 55 percent of South African Grade Fours say they are bullied once a week. Once a week, and more than half of the pupils!"

IT'S everyone's responsibility to stop bullying by reporting it to their parents and most especially to their teachers. "Teachers must be aware of who is bullying whom and why. They have to be part of the solution. So have parents, who should monitor their children closely for any change in behavioural patterns," says Lee. "The effects of bullying on victims can be severe. Kids who are bullied reach lower

academic achievements and higher school absenteeism. They suffer health and adjustment problems, as well as psychological effects like lower self-esteem, social withdrawal, tearfulness, aggression, depression and anxiety. It is not an exaggeration to say that victims can be scarred for life – and tragically, some kids have committed suicide because of regular bullying. One child's life lost to bullying is one too many."

STUDIES in 10 countries determined that bullying can only be stopped by intervention from adults in authority (such as school personnel). Where bullying occurs within the school environment, parents need to work with school personnel. Any bullying event needs a bully, a victim and often bystanders – and the first and last of these players contribute to the degree of physical – but even more seriously, emotional – damage caused. Parents and teachers must be aware of what is going on. They have to be part of the solution and should monitor their children closely for any change in behavioural patterns.

For more info go to: www.childlinesa.org.za/ or join the discussion on www.facebook.com/SouthAfricanAntiBullyingForum.

BULLYING can take place in many forms. Some bullying is verbal, some written (on social media sites or on school lockers), some is physical. Bullying is not about anger, or even about conflict. It's about contempt – a powerful feeling of dislike toward someone considered to be worthless, inferior or undeserving of respect.

IN MEMORY OF JOE

LITTLE did Joe Kanyona know that when he kissed his daughter goodbye to leave for work, it would be the last time he would see his little girl.

NOTHING put a smile on Joseph Louis Kazadi Kanyona's face quite as quickly as his four-month-old daughter. The 33-year-old dad was besotted with his little princess and was looking forward to travelling the journey of life with his daughter at his side. Sadly, this wasn't to be.

Joe was born in Congo and came to Cape town in 2009. One of his first guarding jobs was at Pick n Pay in Parow, before he took up working as a bouncer in Parklands and later moving to join Beerhouse, where his brother, Julian, was employed. He had been working for the popular craft beer mega bar in Long Street for six months as the doorman. Part

of the family, Joe was more than just a work colleague. In the short time he'd been employed at Beerhouse he'd become friends with the staff and, although he worked in the security environment, he had a gentle soul and friendly demeanour. On the evening of Saturday June 20, Joe was performing his duties as usual, checking IDs and making people feel welcome at the door. Just after



Joe was absolutely besotted with his baby girl, who had only recently come into the world

22h30 he was attacked by a group of young men in front of the pub. CCTV footage showed that the incident occurred after Joe requested identity documents from a customer. He was brutally stabbed in the neck with what is believed to have been a steak knife. According to witnesses, an injured Joe tried to run upstairs where his brother Julian was working, but collapsed after a few steps. His last words, spoken in French and repeated three times, were, "Lord, I put myself in your hands." Doctors who were patronising Beerhouse and paramedics desperately tried to save his life, but his wounds were too severe and Joe tragically passed away. The murder weapon was still lodged in his neck.

Three men – Ubaid van der Bergh, 20, from Zonnebloem, Toufiq Essa, 21, from Woodstock and Nasbie Edwards, 27, from Ruyterwacht – were arrested and have already appeared in the Cape Town Magistrate's Court. Prosecutor Dail Andrews claimed that they had each been paid R1 000 for a planned hit on Joe's life.

The trial was postponed to July 23, and the State argued against bail. The accused are currently being kept at Pollsmoor Prison. While the exact motive of Joe's murder is still unclear, at the time of going to press it was speculated that his death could possibly be linked to a security extortion racket, allegedly run by Moroccans.

Ironically Joe was murdered the

people Has Heart

BY VANESSA PAPAS

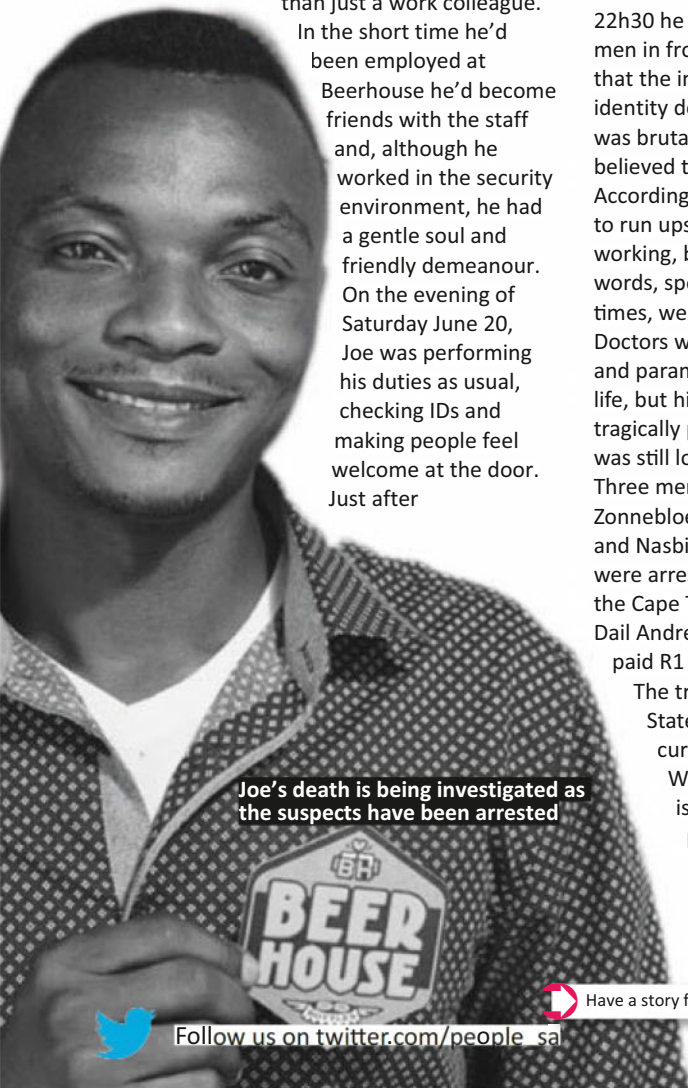
EVERY week we bring you heart-warming stories of ordinary people who've overcome extraordinary circumstances, and offer readers the chance to pay it forward.

very same day officials shut down Cape Town Station's taxi terminus as part of Operation Fiela (the South African government's response to an outbreak of xenophobic violence across the country). Joe's death has caused an outrage among the community, with desperate calls being made to Government for action against racketeering activities in Long Street. There has also been a call to the general public to help Joe's family, as without a steady income his girlfriend and his baby will not be able to make ends meet.

Back A Buddy – an online fundraising site – has stepped in to try to help raise funds. Back A Buddy supports different causes ranging from registered non-profit organisations to family members who need funds for a variety of reasons, such as medical procedures, studies and so on. They believe in the power of individual philanthropy and peer-to-peer giving through technology. Randolph Jorberg, the owner of Beerhouse, registered as a Champion on Back A Buddy two years ago when he cycled the Argus in order to raise money for a charity called Mamelani Projects. Remembering that Back A Buddy was a platform that facilitated fundraising, he approached the organisation and asked if they could assist him in setting up a profile to raise funds for Joe's family.

PAY IT FORWARD

JOE left behind a girlfriend and a four-month-old daughter who depended on him. We are appealing to readers to donate baby goods, especially nappies, baby clothing, sanitary items and food that can be dropped off at Beerhouse (223 Long Street, Cape Town) or at the Joburg Beerhouse (1 Sunset Avenue, Cnr Witkoppen, Pineslopes Boulevard, Fourways). In addition to donations of items, financial donations can be made via Back A Buddy by EFT or Snapscan. Details can be found at www.backabuddy.co.za/donate/champion/in-memory-of-joe.



Joe's death is being investigated as the suspects have been arrested



Have a story for people Has Heart? E-mail vancom@telkomsa.net



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BY WARREN ROBERTSON

PEOPLE
EXCLUSIVE
PICS!



Britney's New Beach Body

WHILE soaking up the sun in Kauai, **Britney Spears** showed off her beach body in a purple two-piece bikini, and we're impressed!

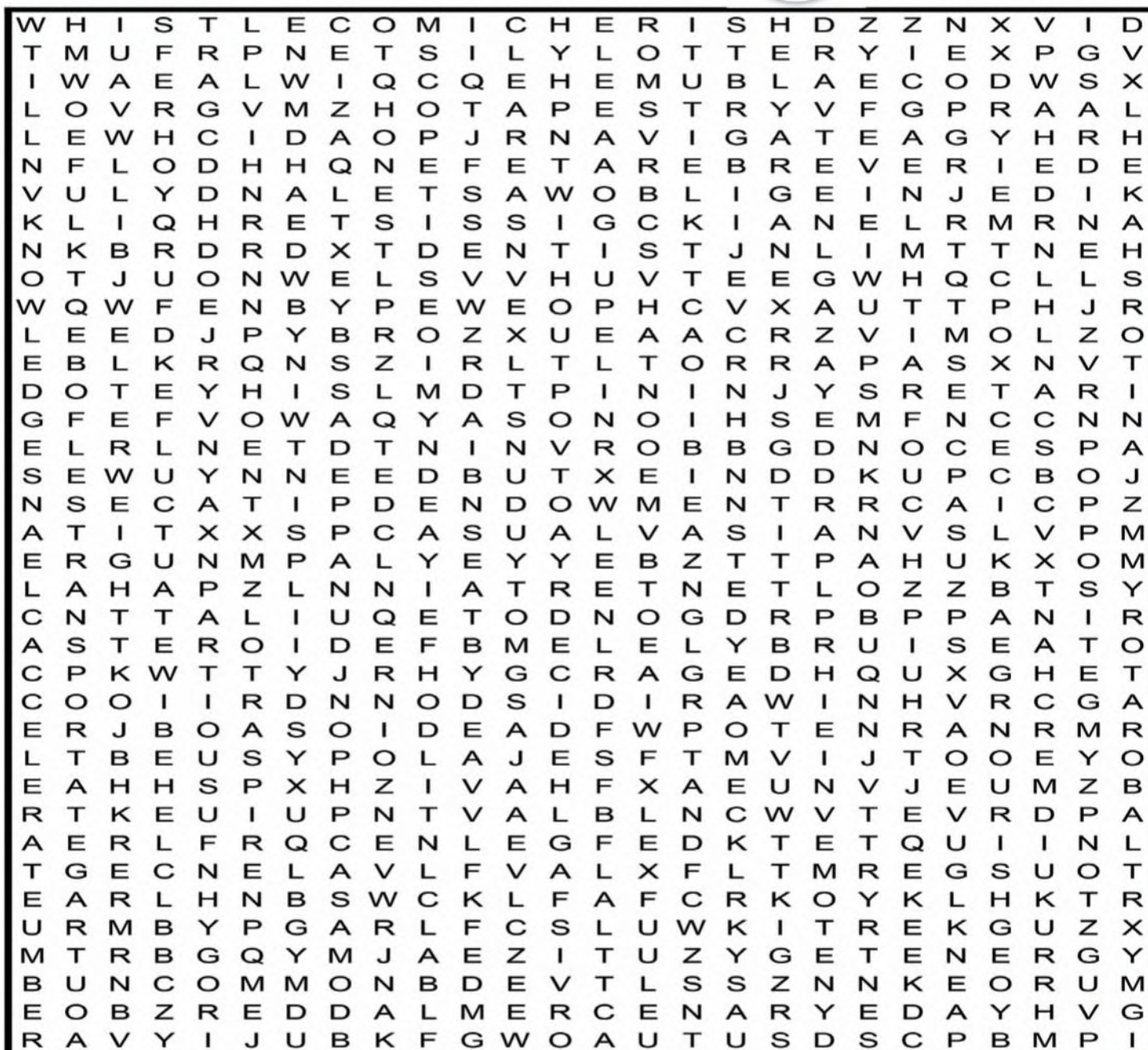
With her sons Sean and Jayden close behind, the singer was all smiles as she cooled down in the surf. She completed her look with sunglasses and a belly-button ring. Like **Pink** and **Janet Jackson** before her, **Britney** relied heavily on personal trainer Tony Martinez for her weight loss. She accomplished her hot body with 'intense' workouts three to four times a week for 40 minutes. **Tony** revealed, "She loves all core workouts. She's a very tenacious woman. She wants to get it done and get it done right." She later posted an Instagram picture of ocean waves with the caption: "The cure for anything is salt water: sweat, tears, or the sea."

As soon as **Britney** gets back home, she has a very important decision to make. The face (and voice) of the Britney: Piece Of Me residency will have to decide whether she wants to extend her residency at Planet Hollywood. If she doesn't sign a new deal, the last of her 142 shows at The Axis arena will take place just before New Year's.

PICS: GREAT STOCK



Follow us on twitter.com/people_sa



Can you find the listed words in the box of letters? They may read horizontally, vertically and diagonally, either forwards or backwards, but always in straight lines.

ACCELERATE
ACCURATE
ALBUM
ALFALFA
ANXIETY
ASPIRE
ASTEROID
BAND
BEFORE
BEFRIEND
BILL
BISHOP
BRUISE
CASUAL
CAVALRY
CHERISH
CLEANSE

CLEAR
COMIC
DARE
DECIDE
DENTIST
DEPORT
DIGGER
DISPLACE
EGRESS
ELEVATION
ELEVEN
EMOTE
ENDOWMENT
ENERGY
ENTERTAIN
FACT
FLUCTUATE

GOLDEN
GURGLE
HALLWAY
HONEST
IDEA
INTERIOR
INVERSION
IRONY
JALOPY
JANITOR
JEWEL
KNOWLEDGE
LABORATORY
LADDER
LINGUIST
LISTEN
LOAF

LOTTERY
MARCH
MERCENARY
MERCHANT
NAPPED
NAVIGATE
NEGATIVE
NEVER
NOTHING
NOURISH
OBLIGE
OPINION
OPPOSITE
OUTRAGE
PARROT
PHONE
RABBIT

REVENGE
REVERBERATE
SAMPLE
SARDINE
SCOPE
SEAFARER
SECOND
SELF
SENTRY
SHAKE
SISTER
TANTALIZE
TAPESTRY
TEQUILA
THEORY
TICKLE
TILL

TIMID
TRANSPORT
UMBER
UMPIRE
UNCOMMON
UNEVEN
VALENCE
VEIN
WARRIOR
WASTELAND
WELTERWEIGHT
WHISTLE
WITHOUT
WOEFUL
WRAP



CODEBREAKER

CODEBREAKERS require inspired guesswork. They are crosswords without clues. Every letter of the alphabet is used (you might find it useful to cross out the letters located by the grid as you find them) and each letter has its own number. In this puzzle '8' has the letter 'P', so a useful start is to insert 'P' in all the boxes that contain the number '8'. Vowels appear at least once in a word but letters such as **X** and **Z** are few.

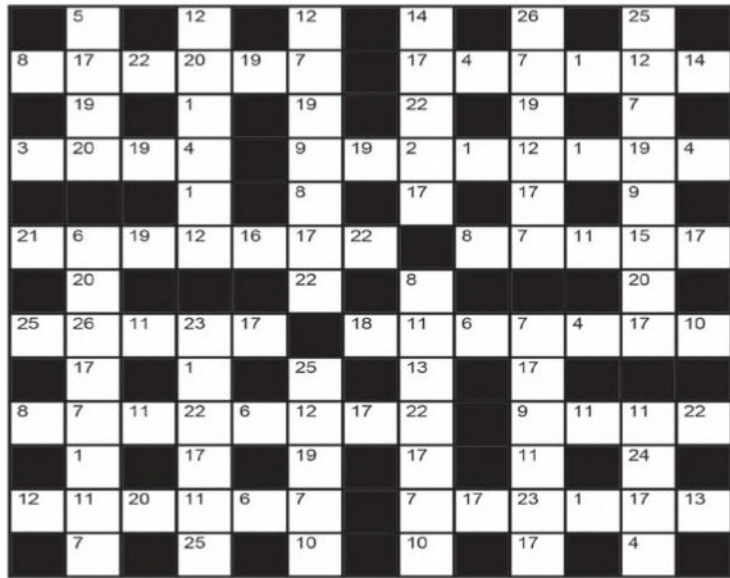


WITHIN this grid are hidden the numbers below. They are found horizontally, vertically, diagonally and back-to-front.

NUMBERSEARCH

8	7	2	0	2	8	4	8	2	8	9	9	1	1	9	4	7
6	5	0	9	1	7	6	2	9	5	7	6	4	0	4	8	3
8	2	3	6	6	3	8	8	4	1	1	4	2	5	5	9	4
2	6	9	8	9	8	5	9	4	4	0	6	6	4	8	7	6
5	2	3	5	3	4	6	4	7	5	3	0	4	5	4	0	7
2	1	8	2	0	5	9	8	6	9	0	6	2	3	5	2	5
7	7	0	8	9	1	5	1	0	7	7	4	7	4	2	7	3
8	1	3	0	9	3	7	4	0	2	2	4	0	0	4	2	0
0	4	1	4	5	7	2	9	8	8	0	8	9	7	7	7	9
3	4	1	5	3	8	5	7	1	5	7	1	9	3	7	4	3
7	9	0	7	6	6	9	3	2	6	5	9	7	1	9	2	0
2	9	1	6	7	3	1	7	4	7	4	3	8	7	2	4	6
6	8	3	5	8	9	9	3	2	4	2	7	4	7	0	9	3
4	3	7	3	2	0	0	2	2	1	5	9	0	2	5	2	4
7	8	7	5	4	8	9	5	7	0	8	7	2	9	2	4	5
2	5	1	1	8	4	0	3	9	1	5	7	5	6	0	6	6
6	8	4	0	2	8	2	7	3	8	9	6	3	4	7	8	2

047390318	2288975344	4039157560	7801949607
0936209	240936209	4140972504	7807598457
1005897218	242747093	4492	7875489570
1130839302	30179	5245702703	827954158
1449194192	3110137714	6395878	839302
1535675408	3415385715	7207542585	949607
157193743	3445754	7272392368	
1791647090	34562	7436983728	



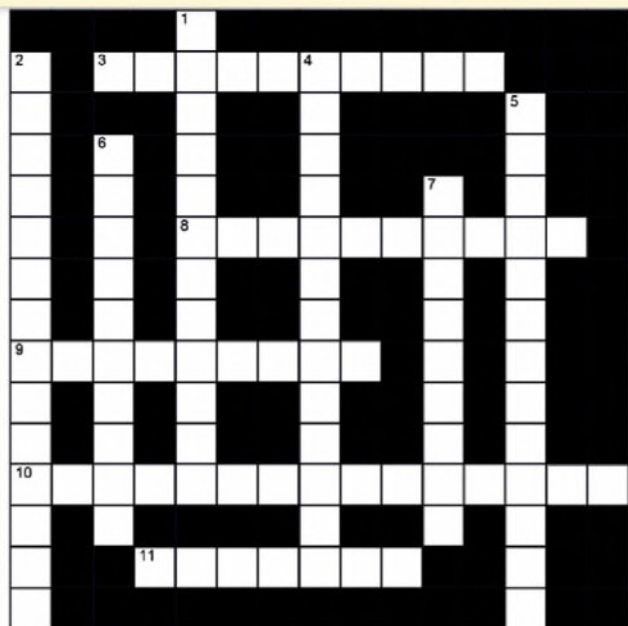
1	2	3	4	5	6	7	8	P	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26	

NUMBER CRUNCH

STARTING from the left with the given number, work your way across each of the puzzles, applying the instruction in each cell to your number.

$$\begin{array}{r} \boxed{} \boxed{0} \boxed{7} - \boxed{2} \boxed{} \boxed{9} = \boxed{} \boxed{8} \\ + + + \\ \boxed{} \boxed{4} \boxed{7} - \boxed{} \boxed{3} = \boxed{1} \boxed{1} \\ \hline \boxed{4} \boxed{5} - \boxed{4} \boxed{2} = \boxed{2} \boxed{1} \end{array}$$

Celeb Crossword...



Across

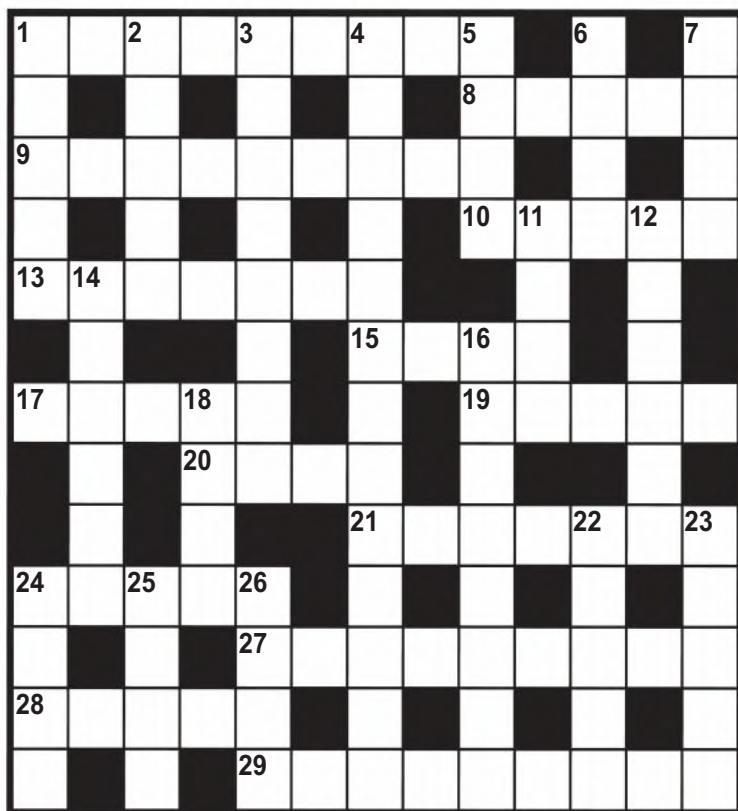
3. US comedian, actor and writer, whose movies include *iThree Amigos!*, *Caddyshack*, *Fletch* and *Spies Like Us* (5,5)
8. For his role as King George VI in *The King's Speech* this English actor won the Academy Award for Best Actor (5,5)
9. Canadian actor and comedian, whose movies include *The Mask*, *The Truman Show* and *The Cable Guy* (3,6)
10. Broomhilda von Shaft in *Django Unchained*, Kay Amin in *The Last King Of Scotland* and Della Bea Robinson in *Ray* are movie roles played by this US actress (5,10)
11. *Material Girl*, *4 Minutes*, *Into The Groove* and *Papa Don't Preach* are among the hit songs of this US singer and actress (7)

Down

1. English actress who became the oldest winner of the Academy Award for Best Actress when she won for her performance in *Driving Miss Daisy* (7,5)
2. *Kingsman: The Secret Service*, *Snakes On A Plane*, *Jackie Brown* and *Pulp Fiction* are movies in which this US actor starred (6,1,7)
4. Arnie Becker in *L. A. Law* and Henry Spencer in *Psych* are TV roles played by this US actor (6,7)
5. Late US actor who starred in the movies *Grumpy Old Men*, *The Taking Of Pelham One Two Three* and *I.Q.* (6,7)
6. US actress and singer/songwriter whose hits include the song *Candy*, and who starred in the movies *Because I Said So* and *License To Wed* (5,5)
7. Chinese actress, whose movies include *Memoirs Of A Geisha*, *The Grandmaster* and *Crouching Tiger, Hidden Dragon* (4,5)



CRYPTIC CROSSWORD



Across

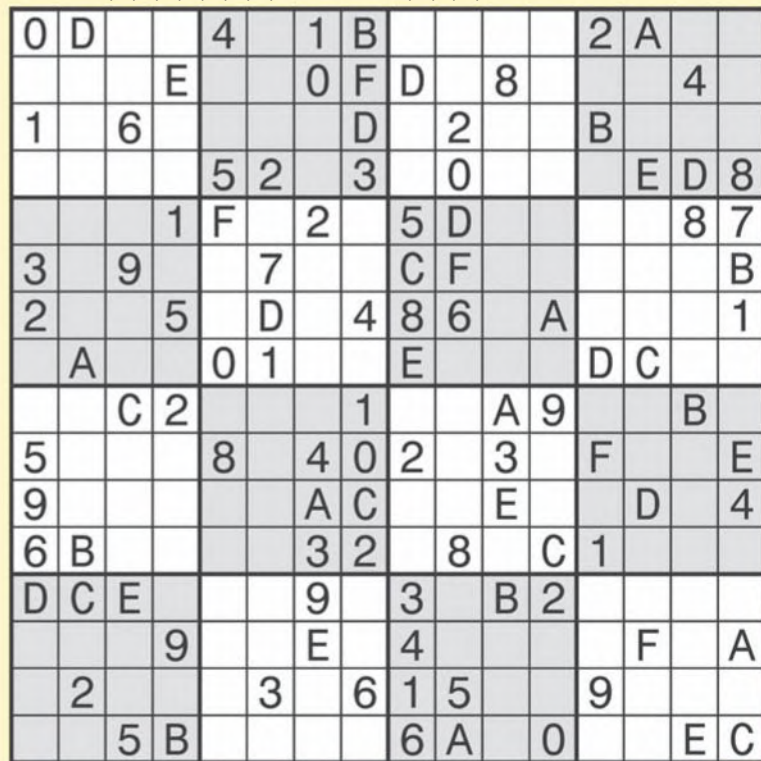
1. I tried to get Mac involved but it was murder, mother! (9)
8. I take a rest at the plant (5)
9. The sort of jams forever in the press (9)
10. Time we met back by that Italian river! (5)
13. Cheeky impressions made by Del and those other imps (7)
15. A sailor gets nothing to eat but an edible rootstock (4)
17. Sneaky, aren't they? (5)
19. To be written? Yes! About South Australia (5)
20. It's just agonising for such an animal (4)
21. In the main, tea will give life to one (7)
24. An old uncomfortable garment which still remains with us (5)
27. I've got Tim to put 'Rest in Peace' in a crude form (9)
28. All about Ma and that Peruvian beast (5)
29. You must be inane to think that it lessens in the South-east! (9)

Down

1. Became listless on reading a poem about 500 Romans (5)
2. The marine demands hot baths (5)
3. He's so impractical when it comes to the ladies! (8)
4. You give in at the station and an examination is made (13)
5. Feasts in the Orient (4)
6. How I met up with this 'article' (4)
7. Just three of those patriots will do (4)
11. Sore about him firing arrows? (4)
12. Plan it so that it's flexible (6)
14. Strong effect felt on seeing that little devil perform (6)
16. For example, I cried on seeing the king had been killed (8)
18. Catch sight of an agent from the east (4)
22. In the gale, I remain nimble (5)
23. Fewer seem to have carrying water (5)
24. It preserves the old sailor (4)
25. What a mad man he was! (4)
26. Spring's when they'll make a pass!(4)

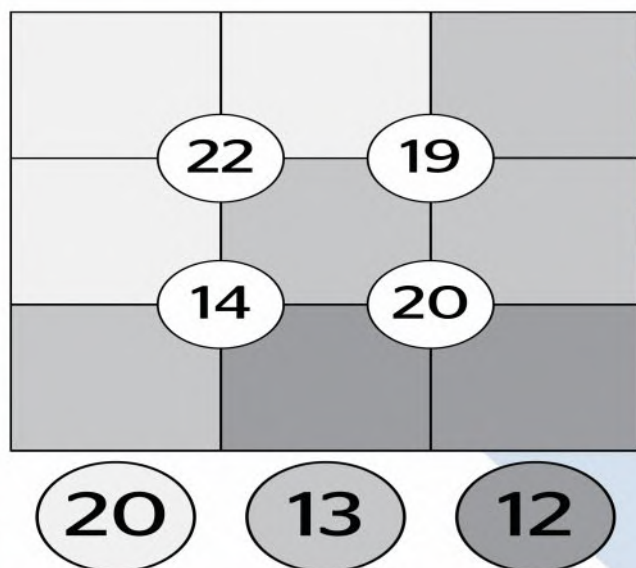
MONSTER SUDOKU

COMPLETE the grid so that every row, column and 4x4 box contains 0, 1, 2, 3, 4, 5, 6, 7, 8 and 9 and a, b, c, d, e and f.



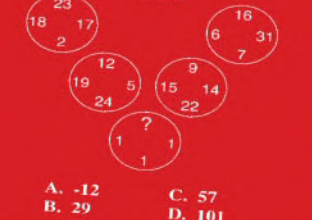
SUKO

Place the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces, and each colour total is correct.



STICKLERS

What number replaces the question mark?



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

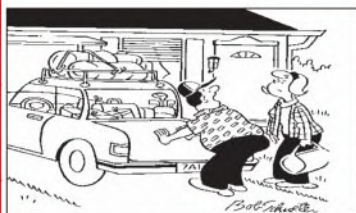
Quest
ARCHES

Thick
NEEDS

Adjust
POSSIED

Supple
LIPTAN

TODAY'S WORD



"Oh-oh, you must have forgotten something—the trunk on my very first try!"



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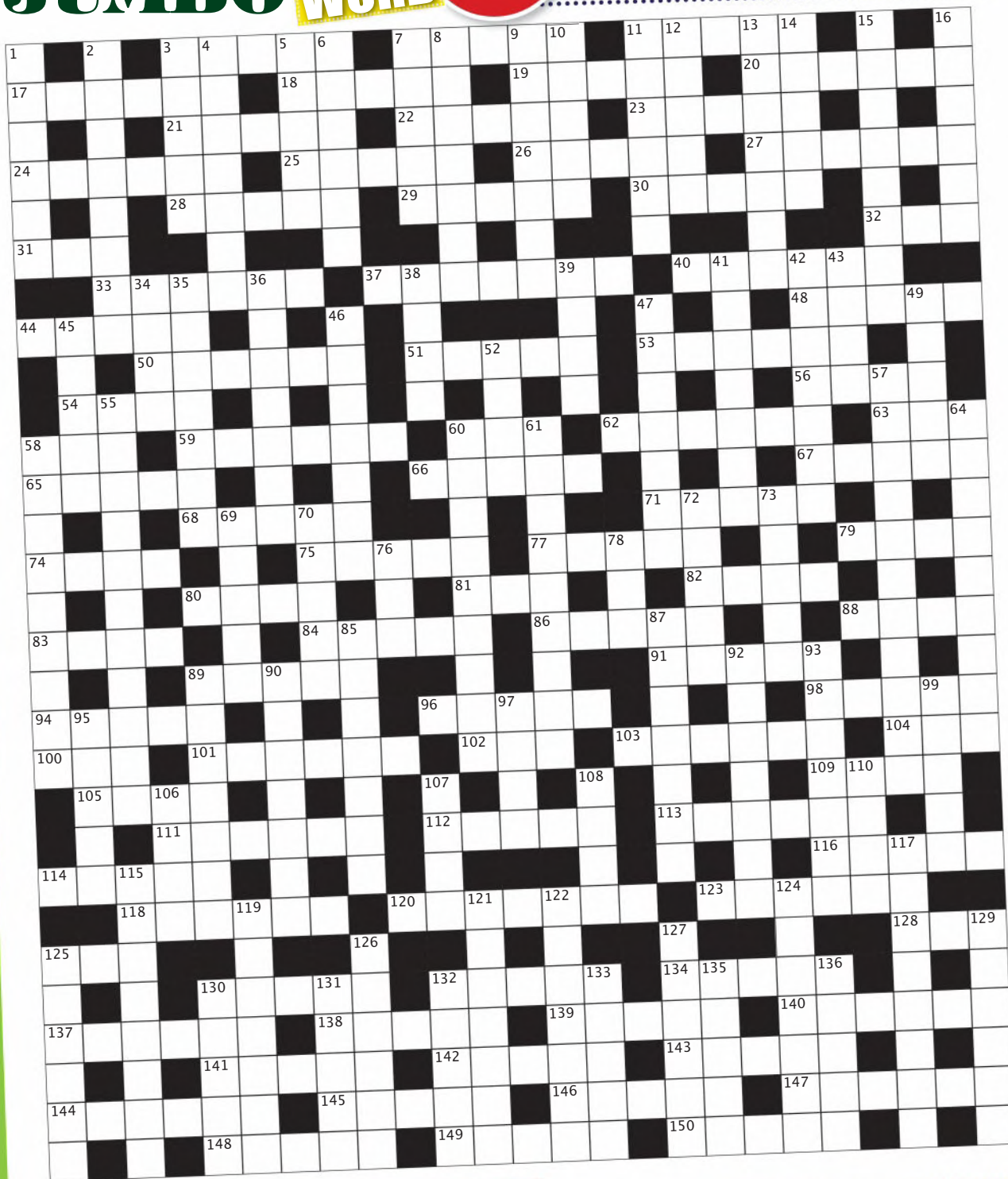
www.peoplemagazine.co.za PEOPLE 53

CROSSWORD NO. 317

JUMBO WORD

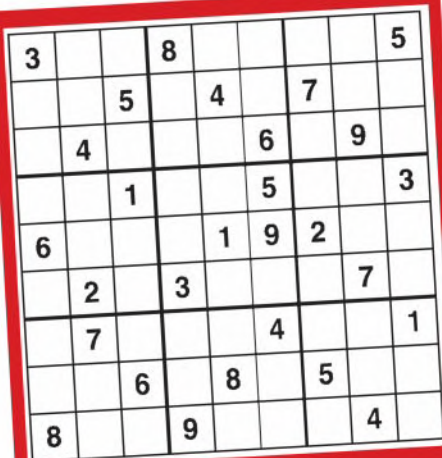
ACROSS

3. Bluegrass instrument
7. Banquet
11. Gap
17. Ridiculed
18. Of the city
19. Belonging to them
20. Other than
21. Steer clear of
22. Extreme
23. Main point
24. High and mighty (2-2-2)
25. Room in Greek temple
26. Hook or claw
27. Jumped
28. Show disdain
29. Make a swap
30. Danger
31. Mother
32. Distress call
33. Overrun, as vermin
37. Imp
40. Hire
44. Rack up
48. Circumvent
50. Drag one's feet
51. Dugout
53. Woman warrior
54. Same as before
56. Dogs and cats
58. Vehicle
59. Arctic abodes
60. Seed
62. Natural ability
63. Goddess of mischief
65. Old Greek concert hall
66. Narrow street
67. Laud
68. Bearded animals
71. Classified
74. Martial art
75. Marsh bird
77. Bare
79. Smooth-talking
80. Cicatrix
81. Period of time
82. Old Testament book
83. Fracas
84. Unconventional
86. Do away with
88. Agitate
89. Disney mermaid
91. In the company of
94. Encouraged
96. Untidy
98. Small bay
100. Exclamation of contempt
101. Horrify
102. Buck's mate
103. Empty space
104. Compass point
105. Cease
109. Halloween wear
111. Uncompromising
112. Golden
113. Man of the cloth
114. Musical piece (1,4)
116. Bracelet bauble
118. Gloomy
120. Hair bun
123. Fence posts
125. Convent dweller
128. Cry
130. Cardiff-born
132. Dots
134. Acerbic
137. Roe
138. Urbane
139. Concoct
140. Tavern
141. Old Nick
142. Low point
143. Warm
144. Curt
145. Rule
146. Spiced beverage
147. Youthful period
148. Drain
149. Theatre section
150. Male deer (pl.)



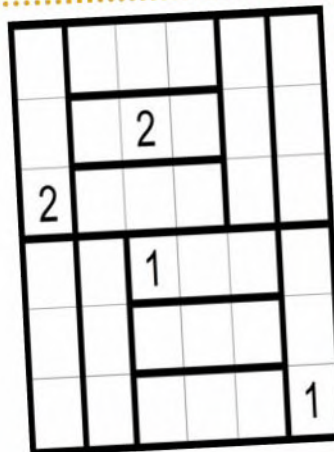
SUDOKU

PLACE a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.



TATAMI

TATAMI is a 6x6 grid logic game played with the numbers 1 to 3. Each 3x3 slab must contain all the numbers 1-3 with no duplicates. Adjacent slabs cannot contain the same number, i.e. the number 3 cannot be placed next to another number 3. Each row and column must contain a double set of numbers (two 1s, two 2s and two 3s).



DOWN

1. Insignia
2. Collegiate
3. Sweat units
4. Make progress
5. Sap
6. Commands
7. Earthquake line
8. Make bigger
9. Fruit-filled pastry
10. Macbeth's title
11. Ab exercises (3,3)
12. Thackeray's forte
13. Floor's opposite
14. Do very well
15. Loathed
16. Discordant (2,4)
34. Au naturel
35. Setting up
36. Chancel seats
38. Magazine holder
39. Mountain goat
41. Tidiest
42. Took as one's own
43. Departed
45. Water nymph
46. Sorrow
47. Gruesome
49. Verve
52. Catch red-handed
55. Fearless person
57. Stool pigeons
58. Make appear (7,2)
60. Ransacked
61. ... and pound foolish (5,4)
64. Give all the details
69. Hollywood award
70. Severe pang
72. To the point (2,3)
73. Singer, Sir ... John
76. Groove
78. Pond carp
85. Lament loudly
87. Window adornment
89. Plug accessory
90. Suggests
92. Luxurious
93. Publicity stunt
95. Woodworking tools
97. Fly high
99. Glacial ridge
106. Capital of Norway
107. Attack verbally
108. Resound
110. Pain
115. Plant and meat eater
117. Contact me ... possible (2,4,2)
119. Be at the controls
121. Fix firmly
122. Zero
124. On the way up
125. Flower fluid
126. Black eye
127. Desert plant
129. Became close
130. Stinging insects
131. Frighten
132. Does a ditty
133. Hindu garment
135. Body part
136. Pedestal parts

EVEN EXCHANGE

EACH numbered row contains two clues and two answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|--------------------------|-------------|---------------------|-------------|
| 1. Spare coins | — — — N — — | Use a credit card | — — — R — — |
| 2. Banish from school | — — — P — — | Exceed expectations | — — — C — — |
| 3. Trade places | — W — — — — | Tattletale | — N — — — — |
| 4. Sinatra or Zappa | F — — — — — | Antic | P — — — — — |
| 5. Railroad cars | — — — — N — | Pathway | — — — — L — |
| 6. Shirt fastener | B — — — — — | Actor Timothy | H — — — — — |
| 7. Shoulder movement | — — — — G — | Bush | — — — — B — |
| 8. Thin cookie | — — — F — — | H ₂ O | — — — T — — |
| 9. Roost | — — — E — — | Veranda | — — — O — — |
| 10. Alice's "mad" friend | — — — T — — | Bridle | — — — L — — |

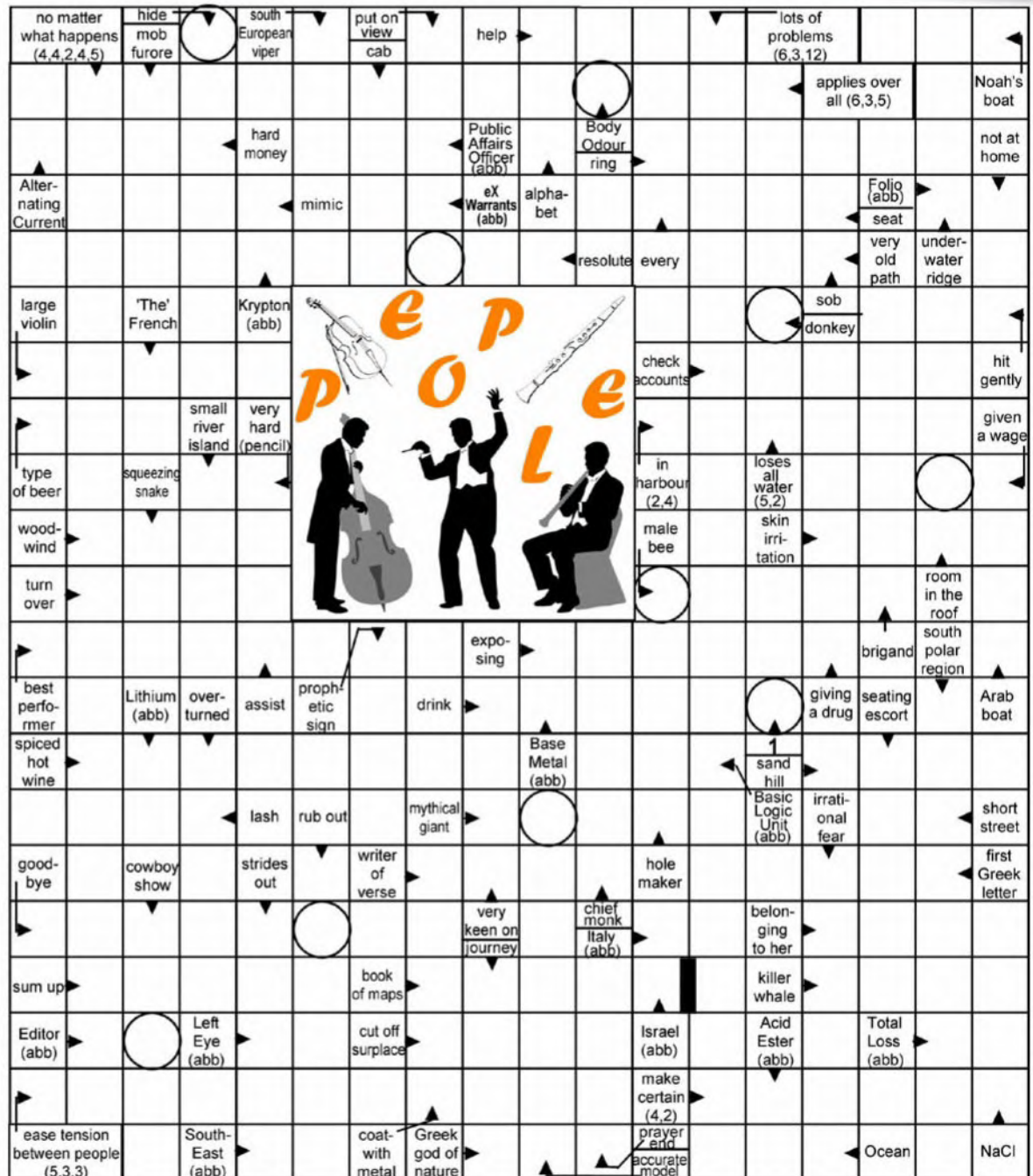
BLOCKWORD

NO.
606

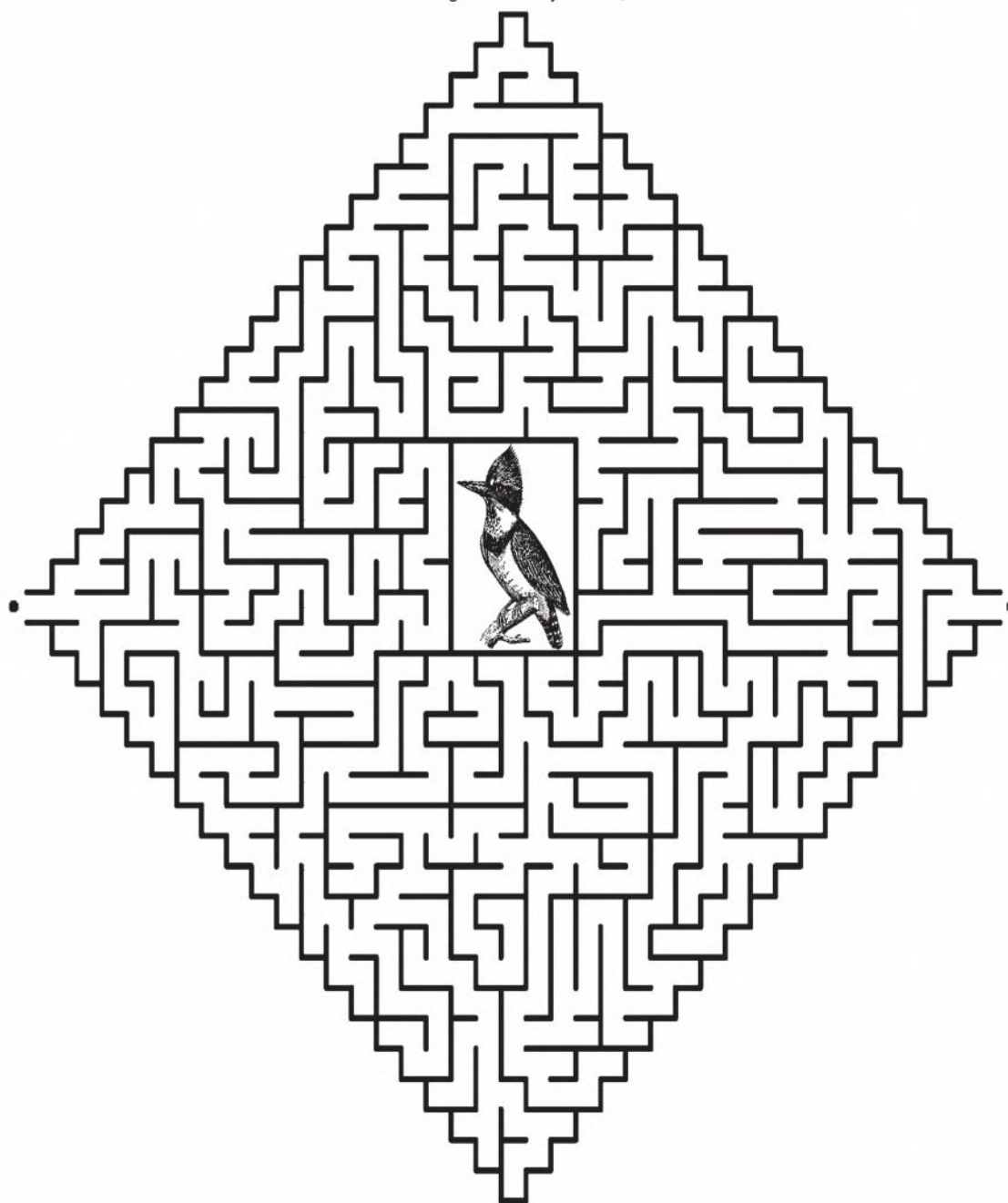
BY BARRIE THOMSON

WIN R500

TO ENTER this BLOCKWORD, all you have to do is finish the grid, and the ringed areas will make up one word. The clue to the answer is: Thought about. Sms 48408 with the answer, your name and surname, and **people**/Blockword No. 606. Be sure to sms before August 24, 2015. By doing this, you could win R500. Winner of Blockword 602: Valda Victor. Answer: Wonderment. Winners will be paid electronically. Ssms charged at R1.50 and free smses do not apply. Terms and conditions apply.



Mega Maze



SUGARU

	2		3	
4			1	
			4	

EACH cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. No same digit appears in any neighbouring cell, not even diagonally.

MISSING LINKS

CALCULATE the results and actions. Fill the missing links from the top.

RESULT	ACTION
327	+
=	÷ 3
= 125	-
=	+ 400
= 513	-
=	x 2
= 770	÷
=	+ 16
= 93	x
=	- 103
= 362	÷
=	x 4
= 724	

FIND-A-WORD

Alarm
Bang
Bark
Blow
Brush
Buzz
Chime
Clack
Click
Crackle
Crash
Creak
Drip
Drum
Echo

Grate
Grunt
Gush
Hoot
Knock
Plop
Pop
Pound
Roar
Rustle
Scrape
Scratch
Scream
Screech
Shuffle

Sigh
Sizzle
Slurp
Sniff
Snip
Splash
Squeal
Static
Swish
Tear
Thud
Tick-Tock
Whack
Whirr
Zoom

S U O M A F D N A H C I R L S
A I N R O F I L A C T S W B A
E S D S O I D U T S T A E F N
A U O I Y F I L M A R V R E T
R O L E S A H E R P E O H V A
T R D I C N W B S R A C O I M
H U P V I T E E L M Y I L R O
Q O L O O A T Y E F A N L D N
U M A M C A H R L R N E Y O I
A A Z H M I I G E A F C W E C
K L A I L C A S U L N S O D A
E G L L A M A L I B U D O O G
S C S N L L A H Y T I C D R O
H I S P A N I C S N A E C O M
S M E L B O R P L A I C O S S

ON SALE
NOW!



WORDOKU

THERE are 9 letters used within the puzzle, each letter must be used (but never repeated) in every row, column and 3x3 square.

						R
R	D			B		
Y	B	H				
F	T	D		B	A	
A	Y	T		W		
		A		T		
		Y		A		
F	D					
W	D					T



GO FIGURE

THE

idea of Go

Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram – by following the arithmetic signs in the order they are given (from left to right and top to bottom). Use only the right numbers below the diagram to complete its blank squares, and use each of the nine numbers only once.

	x		÷		6
+		÷		+	
	+		-		11
÷		+		-	
	-		x		7
2		5		2	

2 3 4 5 6 7 8 9 9

ON SALE
NOW!

Killer Kakuru

FILL the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. (The same digit may occur more than once in a row or column, but it must be in a separate block.)

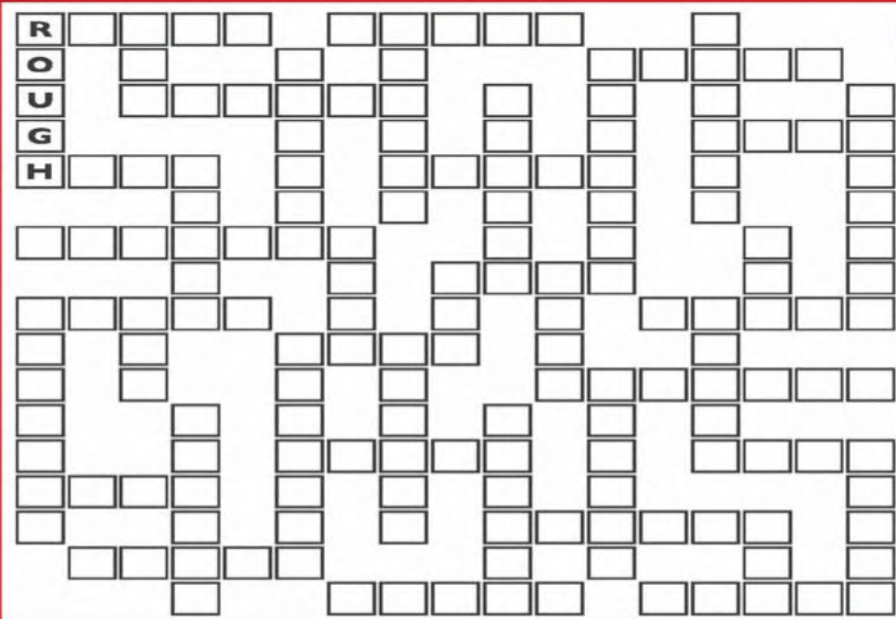
	24	22	14					14	24	22
24				12			16			
30					24	23				
3			28					3		
6				17			11	6		
4			29					4		
		4				4				
	26	28	3			3			26	28
3			19					3		
14				17			11	14		
4			29					4		
30			14			30				
23							23			

Arrow Word

One who manages	Church choir robe	Hog sound	Ear part	Jewel	Shirt w buttons	Great pleasure	Elderly chaperon in Spain
Spike of frozen water				Actress, Cheryl ...			
Without pattern				Promising	Europe (1,1)		
Cumbrian river		River mouth	Trumpet with no keys				
Kiln, oven		Doe hide					
			Fasten with a cord		Muslim judge		
				Small suit of armour	Rolled tea		
Small edible shellfish		Loyal	Deceive				Great suffering
Russian emperors	Hunting expedition	Fortune-telling cards		Thoroughbred sport		Tin cylinder	
			Egg shapes	Puerto ..., West Indies			
Fizzy	Open pie	Mountain in Greece			Ancient Scandinavian book		
Snare		Henry VIII's nickname		Artificial intelligence (1,1)		Spielberg's alien	
			Hero's lover				
Inspect							



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3 LETTERS

BOO
CRY
EAR
NOD
SAY

4 LETTERS

CALL
HEAR
HISS
LOUD
NEWS
PRAY
TALE
YELP

5 LETTERS

GROWL

HUSKY
PAUSE
PLEAD
RANGE
REPLY

~~ROUGH~~

SPEAK
TERSE
THEME
TITLE
VOCAL
VOICE
WORDS

6 LETTERS

ACCENT
DULCET
ECHOIC

EDITED
INTONE
LISTEN
OCTAVE
STATED
TONGUE
TRIVIA

7 LETTERS

DECIBEL
DISPUTE
HEARING
PROPOSE
SCREECH
TUNEFUL

Spot The Difference!

AT first glance, these two pictures may look identical. But there are some subtle changes in the second picture. See if you can find the six differences.



Celeb Wordmatch

FIND A WORD that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the name of a celebrity can be read from top to bottom in one of the lines.

STUD										FACE
SHORT										OVER
KISS										HALF
FREE										BUBBLE
LOG										BOY
BRIDAL										CURTAIN
SMART										FRIDAY
LONG										FIGHT
PASSION										BED
GRAND										ME
LOVE										BOMB
SEA										LINE

Wishing Well...

HERE is a pleasant little game that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.



4	5	7	3	5	4	5	8	2	4	5	6	7
A	E	N	Y	M	H	P	B	C	A	H	S	E
5	8	2	8	4	2	8	7	3	5	4	7	3
A	E	O	O	P	N	B	W	O	S	P	L	U
5	2	6	7	3	4	7	4	8	5	6	3	7
I	S	K	O	S	Y	V	E	J	Z	I	T	E
4	8	3	2	7	4	2	7	2	4	8	6	2
N	E	A	I	I	D	D	N	E	I	C	P	R
5	7	3	2	6	5	4	5	2	6	2	5	6
E	T	R	A	N	G	N	O	C	O	H	A	T
5	7	3	2	7	8	3	6	7	8	6	2	5
L	E	T	A	R	T	D	H	E	I	I	N	S
6	2	3	4	8	7	2	3	7	3	8	3	6
N	G	I	G	V	S	E	A	T	R	E	Y	G



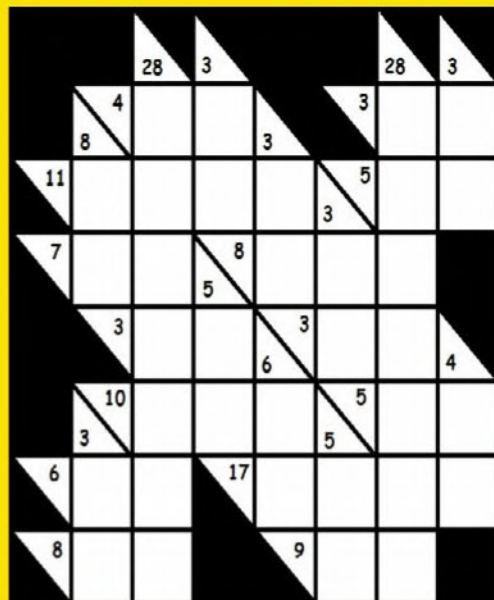
MATHS QUIZ



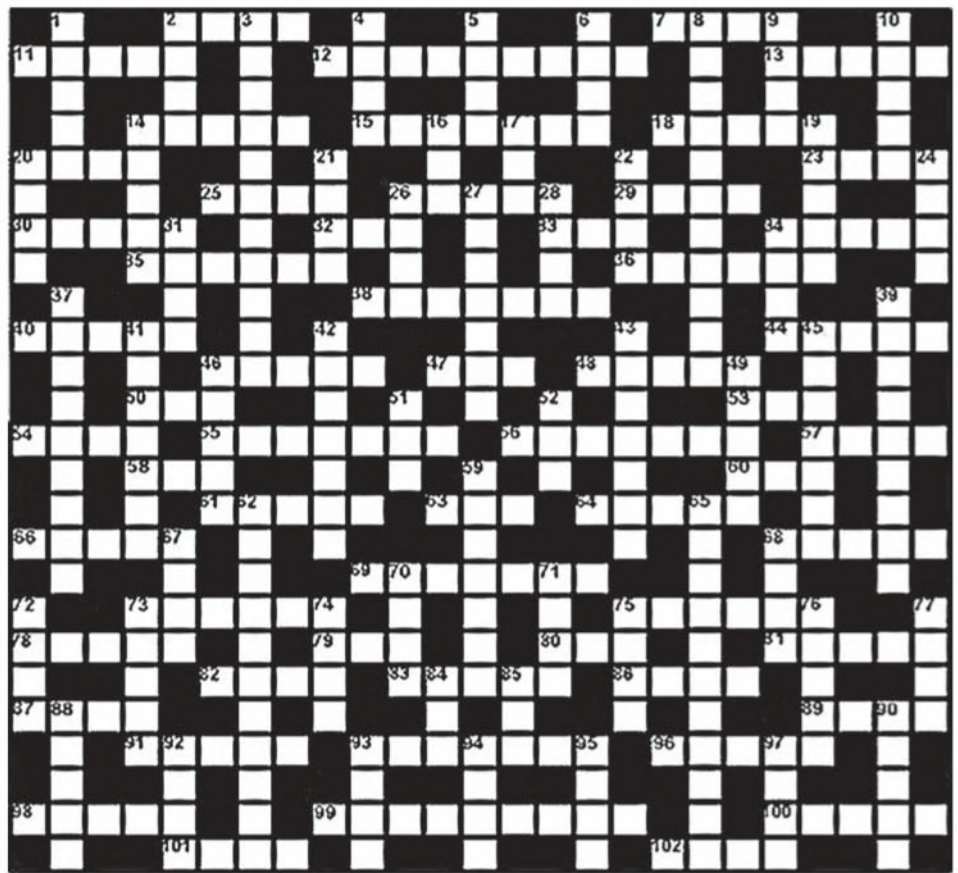
- ACROSS**
- 1. $696 - 5$
 - 4. $571 - 88$
 - 7. $633 - 22$
 - 10. 209×3
 - 12. $3222 \div 9$
 - 14. 33×2
 - 15. $889 \div 7$
 - 17. $21 - 8$
 - 18. $645 - 28$
 - 20. 231×4
 - 23. $349 + 139$
 - 25. $768 - 41$
 - 27. $1410 \div 6$
 - 29. $63 - 28$
 - 30. 89×9
 - 32. 5×9
 - 33. $203 - 98$
 - 34. $1960 \div 8$
- DOWN**
- 2. $1934 \div 2$
 - 3. $33 \div 3$
 - 5. $883 - 50$
 - 6. $186 - 20$
 - 8. $456 \div 3$
 - 9. $194 + 589$
 - 11. $1330 \div 5$
 - 13. $2570 \div 5$
 - 15. $27 - 10$
 - 16. $541 + 257$
 - 19. $1122 \div 6$
 - 21. $1410 \div 5$
 - 22. $6184 \div 8$
 - 23. 100×4
 - 24. $5730 \div 6$
 - 26. $301 - 50$
 - 28. $1380 \div 4$
 - 30. 17×5
 - 31. 3×4

KAKURU

FIT only the numbers 1 to 9 into the grid so that each horizontal run of white squares adds up to the total above the diagonal line to the left of the run, and so that each vertical run of white squares adds up to the total below the diagonal line above the run. No number can be used more than once in any run.



CROSSWORD



ACROSS

- 2) Behind the front (4)
- 7) Dirty layer on top of a liquid (4)
- 11) Grind meat (5)
- 12) Exciting and desirable (9)
- 13) Give out (5)
- 14) Having a natural talent (5)
- 15) Shoe repairer (7)
- 18) It goes before a fall (5)
- 20) Common food (4)
- 23) Lion sound (4)
- 25) Church calling instrument (4)
- 26) Grow less intense (5)
- 29) Very enthusiastic (4)
- 30) Unable to move (5)
- 32) Unit of energy (3)
- 33) Drinking vessel (3)
- 34) Catches a sound (5)
- 35) Western Cape semi-desert (alternative spelling) (6)
- 36) Rubbed out (6)
- 38) Burn thoroughly (7)
- 40) Large commercial packaging unit (5)
- 44) Swim in the sea (5)
- 46) Long seat with no back (5)
- 47) Country hotel (3)
- 48) Dispatches (5)
- 50) First Biblical woman (3)
- 53) Top fighter pilot (3)
- 54) Passport insertion (4)
- 55) Worry deeply (7)
- 56) Gains complete control (7)
- 57) Interpret text (4)
- 58) Our star (3)
- 60) Water-treatment centre (3)
- 61) Very large body of water (5)
- 63) Canine animal (3)
- 64) Compassion towards an offender (5)
- 66) Face down (5)
- 68) Deliberately annoy (5)
- 69) Cut off a flow (7)
- 73) Blanket with a hole for the head (6)
- 75) National body count (6)
- 78) Empties a liquid (5)
- 79) Bullet shooter (3)

- 80) Short name for a port of Brazil (3)
- 81) Suitable for royalty (5)
- 82) Fuzzy image (4)
- 83) Move like a wave (5)
- 86) Circle (4)
- 87) Communion service (4)
- 89) Man's upper under-garment (4)
- 91) Common natural roofing material (5)
- 93) Not having the same value (7)
- 96) Thin piece of bread (5)
- 98) Within the law (5)
- 99) Conceited (9)
- 100) Walk casually (5)
- 101) Makes a note in a ship's record book (4)
- 102) Natural wound covering (4)

DOWN

- 1) Passenger ship (5)
- 2) Distort (4)
- 3) Final death stroke (French) (4,2,5)
- 4) Group of cooperating countries (4)
- 5) Explosive device (4)
- 6) One who takes legal action (4)
- 8) Having a perfectly organised arrangement between groups (11)
- 9) Not intense (4)
- 10) An allotted size (5)
- 14) Backwards (5)
- 16) Move up and down (3)
- 17) Set fire to (3)
- 19) Made a mistake (5)
- 20) Sharp intake of breath (4)
- 21) Short oleograph (4)
- 22) Wise person (4)
- 24) Get up (4)
- 26) Food setting agent from seaweed (4)
- 27) Illness (7)
- 28) Give out (4)
- 31) Type of cabbage (4)
- 34) Medicinal plant (4)
- 37) Those you owe money to (9)
- 39) Someone trained to treat disease (9)
- 41) Betrayal of the country (7)
- 42) Shocking event (7)
- 43) Item of bird's plumage (7)
- 45) Normally expected (7)
- 46) Noisy celebration (5)
- 49) High-spirited and impudent (5)
- 51) Request (3)
- 52) Talk idly about little (3)
- 59) Very large stone (7)
- 62) Doing the rounds (11)
- 65) Medium dry white wine (6,5)
- 67) Greek god of love (4)
- 68) Organised holiday trip (4)

- 70) Puts into preserving tins (4)
- 71) Challenge (4)
- 72) Electronic junk mail (4)
- 73) Apply pressure (5)
- 74) Ugly giant (4)
- 75) Centre of an apple (4)
- 76) Opening shot in tennis (5)
- 77) Quickly move from one thing to another (4)
- 84) Take advantage of (3)
- 85) Wilderbeest (3)
- 88) Ire (5)
- 90) Way off being fresh (5)
- 92) Lounge about (4)
- 93) Strong desire to do something (4)
- 94) Give up (4)
- 95) Area below the waist (4)
- 97) Creature with claws (4)



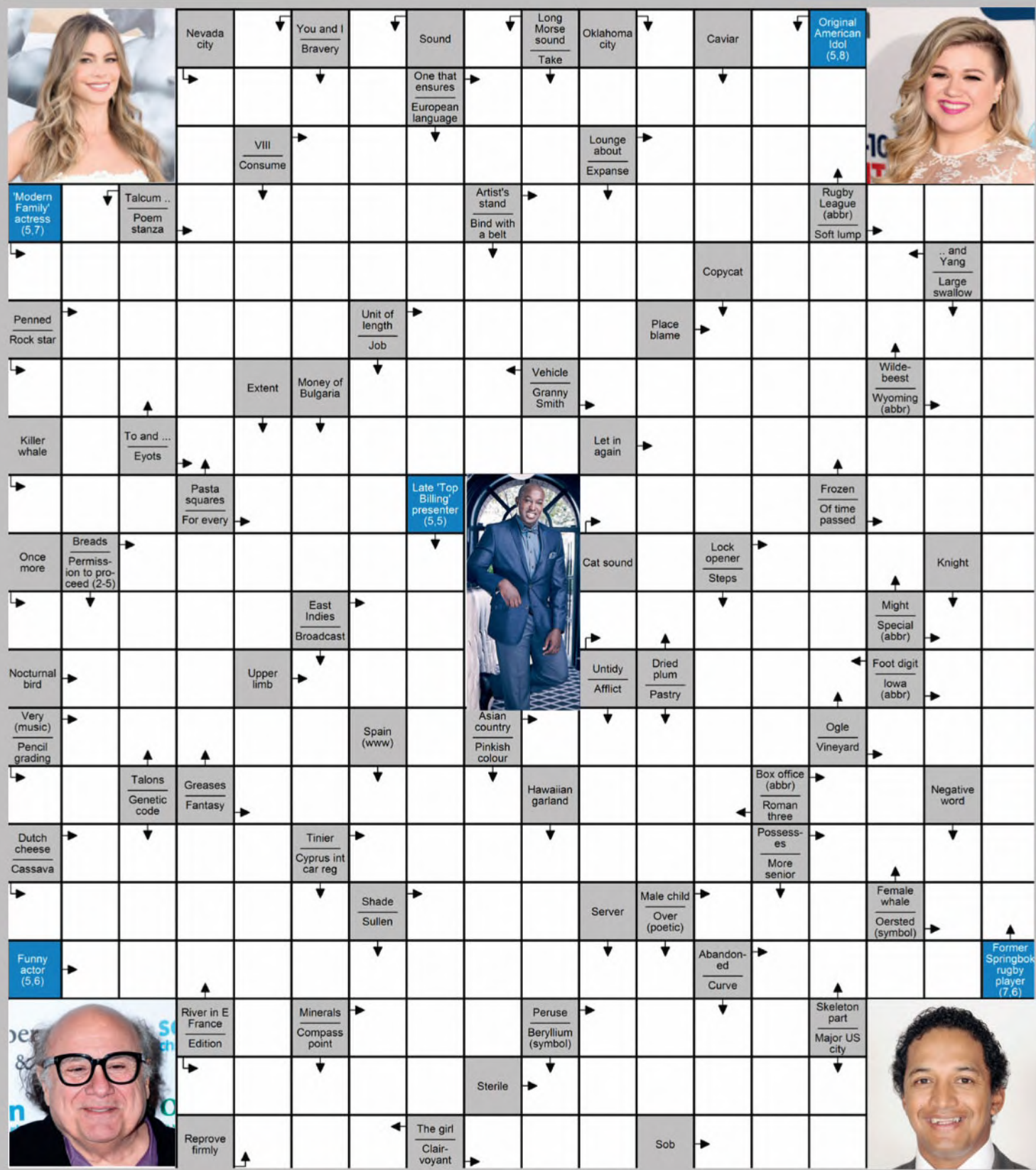
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KNOWLEDGE



5

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Joe Manganiello's Recipe

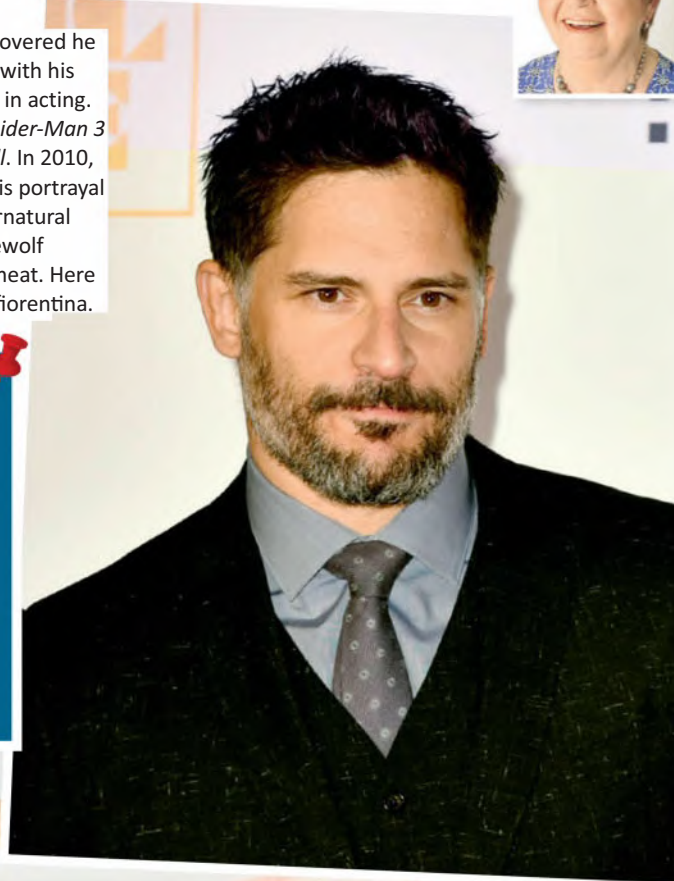
Steak Fiorentina

BY VERA FOURIE



JOE MANGANIELLO is a hunky American actor who was born in Pittsburgh, Pennsylvania. He's engaged to *Modern Family* actress, Sofia Vergara. His father is of Italian descent and his mother has German, Austrian, Croatian and Armenian ancestry. Joe was raised in Mount Lebanon and attended Mount Lebanon high school, where he excelled at sports and was captain of the football, basketball and volleyball teams. He went on to play varsity level in

all three. It was during school that he discovered he enjoyed filmmaking, which he dabbled in with his friends. As a result, he became interested in acting. He enjoyed some success with the film *Spider-Man 3* and TV shows such as *ER* and *One Tree Hill*. In 2010, he became a popular leading actor with his portrayal of werewolf Alcide Herveaux on the supernatural drama *True Blood*. And much like his werewolf character, **Joe** has a deep-rooted love of meat. Here he shares his recipe for the perfect steak fiorentina.



Steak Fiorentina

Ingredients

- 1 T-bone steak (5cm thick)
- Salt
- Freshly cracked black pepper
- 2 Sprigs of rosemary
- 3 Sprigs of thyme
- 1/2 A bunch of sage
- Olive oil

Date Of Birth: December 28, 1976

Place Of Birth: Pittsburgh, Pennsylvania, USA

Height: 1.96m

Parents: Mother, Susan, and father, Charles John

Siblings: Younger brother, Nicholas

Trademark: Muscular physique and his towering height



Directions

PREHEAT a cast-iron pan over a medium-high heat, and preheat the oven to broil. Season the steak generously with salt and pepper, and tie the herbs together with kitchen twine to form a brush. Dip the herbs in olive oil and brush the steak on both sides, then place the steak into the pan and sear for six to seven minutes, or until deeply caramelised. Flip over and cook for two more minutes, then toss the herb bundle into the pan and transfer it to the oven for 10 minutes for a medium-rare steak. Remove from oven and allow the steak to rest on a cutting board for five minutes before slicing and serving.

TRIED & TESTED

FOR more yummy recipes go to
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PEOPLE 63

THIS WEEK'S FAB



BY PEARL MPHUTHI

people searches the entertainment world to bring you the hottest highlights of the week.

PICS: WWW.ELITEPHOTOAGENCY.COM



1

FANTASTIC FOUR

FANTASTIC FOUR, a contemporary re-imagining of Marvel's original superhero team, centres on four young outsiders who teleport to an alternate and dangerous universe, which alters their physical form in shocking ways. Their lives are irrevocably upended and they must learn to harness their new abilities and work together to save Earth from a former friend now turned enemy. (Check out page 72 for our exclusive interview with star Michael B. Jordan.) *Fantastic Four* premieres on August 14, 2015.



DIABOLICAL WOMEN

STRAIGHT from the producers of *Deadly Wives* comes a new series that will take us into the minds of clever women who use their brains to orchestrate sinister crimes and murder most foul. *Diabolical Women* explores the skills of these women, who might have put their efforts into running a business, but instead go to extraordinary measures in order to get what they wanted – no matter who or what they had to do away with to make it happen! The series looks at the detective work it took to finally bring these women to justice. *Catch Diabolical Women, Tuesdays at 21h00 on Crime and Investigation.*

people's guide to TV's best programmes of the week...

August 13 – 19



I SURVIVED

WHAT would you do if you were confronted with death? *I Survived* allows survivors to recount, in their own words, how they overcame nightmarish circumstances and escaped certain death. *Catch I Survived, Thursdays at 20h00 on Sony Channel.*



FUNKY FRIDAYS

EVERY Friday MTV Base turns up the funk! Tune in for a host of videos to give you that Friday feeling, with timeless classics and the best party music in town. It's time to switch up the playlist, baby! *Catch Funky Fridays, Fridays at 15h00 on MTV Base.*



SANYA'S GLAM & GOLD

THIS is a show that follows sports power couple **Sanya Richards-Ross**, four-time gold-medalist runner, and two-time Super Bowl champion **Aaron Ross**, who are documenting their lives for the world to see. *Catch Sanya's Glam & Gold, Mondays at 19h25 on BET.*



TOP

10

DStv PICKS



RUPAUL'S DRAG RACE

RUPAUL returns with his familiar court of ingenious queens, as well as a competition so unpredictable and a judges panel packed with talent! Set a date with this sister if you know what's good for you! *Catch RuPaul's Drag Race, Mondays at 21h30 on Vuzu.*

WALKING THE NILE

EXPLORER Levison Wood sets out on a nine-month walk along the length of the River Nile, visiting rainforests, deserts, cities and war zones, and encountering modern Africa, its people and its wildlife. *Catch Walking The Nile, Tuesdays at 20h00 on Discovery Channel.*

EXTREME CAR HOARDERS

THE second series of this addictive show continues with the exploits of **Chuck Palumbo** and **Rick Dore**, who own SLAM – a body shop dedicated to mining America's reserves of classic automobiles. *Catch Extreme Car Hoarders, Fridays at 21h00 on Discovery Channel.*

I AM CAIT

FINALLY! The intimate eight-part docu-series we've all been looking forward to! Follow **Caitlyn Jenner** as she lives her life as a transgender woman in Hollywood. *Catch I Am Cait, Sundays, at 20h00 on E!*

BIG GIANT SWORDS

MEET **Mike Craughwell** and his team, who are widely known for making giant steel swords. Follow how they tackle each day and destroy anything and everything in sight. *Catch Big Giant Swords, Thursdays at 20h00 on Discovery Channel.*

POORMAN'S BIKINI BEACH

WELCOME to *Poorman's Bikini Beach*! Big-name model events may require big moolah to watch, but with this show, beautiful girls are brought into the living room of the ordinary man for nothing! *Catch Poorman's Bikini Beach, Wednesdays at 23h00 on Sony Max.*

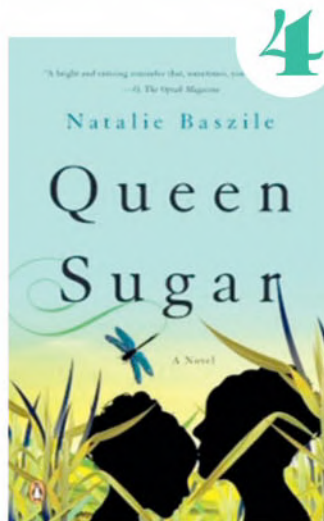
REIGN

ADELAIDE KANE of *Teen Wolf* fame stars as a young Mary, Queen of Scots in this historical drama. As a young woman, Mary is sent to France where she's engaged to a prince, but, as with most marriages, there are secrets. *Catch Reign, Thursdays at 20h00 on M-Net Edge.*



STEWARTS AND HAMILTONS

THIS exciting month E! presents a family tree made of true Hollywood royalty. This brand new reality series follows model and young mother **Kimberly Stewart**, daughter of rock star **Rod Stewart**, and her mother, model and philanthropist **Alana Stewart**, and features **Kimberly's** stepfather, actor **George Hamilton**, as well as her siblings **Ashley, Sean and George**. You'll discover what life's like beyond the red carpet and behind closed doors for this iconic family. *Catch Stewards And Hamiltons, Sundays at 21h00 on E!*



QUEEN SUGAR

MEET **Charley Bordelon**, an African American woman and single mother struggling to build a new life amid the complexities of the contemporary South. When she unexpectedly inherits an enormous sugarcane property, she and her daughter say goodbye to smoggy Los Angeles and head to Louisiana. Charley will learn, however, that cane farming is always going to be a white man's business, and she'll struggle to balance the overwhelming challenges of a farm in decline with the demands of family, as well as the startling

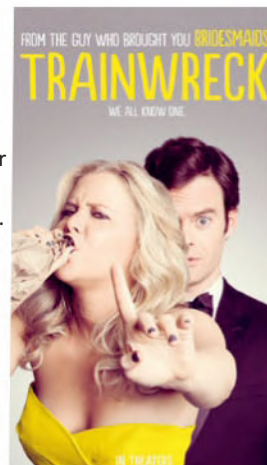
desires of her own heart. *Queen Sugar is available for purchase from Exclusive Books and other book retailers.*

5

TRAINWRECK

AMY (played by **Amy Schumer**) is a woman who thought monogamy was never possible – hardly surprising, since it'd been drilled into her head ever since she was a child by her rascal of a dad (**Colin Quinn**) that a committed relationship isn't realistic. Now she's a magazine writer, and lives by that credo – enjoying what she feels is an uninhibited life free from stifling, boring commitment. In reality, though, she's just stuck in a rut. It's when she finds herself starting to fall for the subject of the new article she's writing – charming and successful sports doctor **Aaron Connors** (played by **Bill Hader**) – that Amy starts to wonder if she and her father had it wrong all these years. *Trainwreck is available from DVD retailers nationwide.*

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THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:00 The Ellen DeGeneres Show 07:00 The McCarthys 07:30 NCIS 08:30 Chicago PD 09:30 When The Game Stands Tall 11:30 The Goldbergs 12:00 The Ellen DeGeneres Show 13:00 Britain's Got Talent 14:00 Carte Blanche 15:00 The Good Wife 16:00 The Big Bang Theory 17:00 The Ellen DeGeneres Show 18:00 Mike And Molly 18:30 Britain's Got Talent 19:30 Suits 20:30 Hawaii Five-O 21:30 NCIS 22:30 Secrets And Lies 23:30 Last Week 00:05 Tonight With John Oliver 02:00 Grassroots 02:30 Entertainment 03:30 Reasonable Doubt	06:00 The Ellen DeGeneres Show 07:00 The Big Bang Theory 07:30 The Good Wife 08:30 Battle Creek 09:30 Last Days On Mars 11:30 The Big Bang Theory 12:00 The Ellen DeGeneres Show 13:00 Britain's Got Talent 14:00 NCIS 15:00 Hawaii Five-O 16:00 Suits 17:00 The Ellen DeGeneres Show 18:00 The Odd Couple 18:30 Britain's Got Talent 19:30 Resurrection 20:30 Proof 21:30 The Expendables 3 23:30 G.I. Joe Retaliation 01:30 Edge Of Tomorrow 03:15 Breakout 05:00 Britain's Got Talent	06:00 Epic 08:00 Britain's Got Talent 13:00 Revenge 14:00 Hawaii Five-O 15:00 Idols SA 17:00 The Good Wife 18:30 The Odd Couple 19:00 The McCarthys 19:30 Mike And Molly 20:00 Royal Pains 21:00 Mr Robot 22:00 Resurrection 23:00 The Incredible Burt Wonderstone 01:00 Bag Man 03:00 Bullet 05:00 Tom Sawyer And Huckleberry Finn	07:00 The Ellen DeGeneres Show 11:00 The Incredible Burt Wonderstone 12:40 Idols SA 14:30 Madam Secretary 15:15 Chicago PD 16:00 Suits 17:00 Idols SA 19:00 Carte Blanche 20:05 Teenage Mutant Ninja Turtles 22:00 Last Week 22:40 The Skeleton Twins 00:50 Third Person 02:30 Philomena 03:45 Locke	06:00 The Ellen DeGeneres Show 07:00 The Big Bang Theory 07:30 Hawaii Five-O 08:30 Suits 09:30 Grace Of Monaco 11:30 The Odd Couple 12:00 Ellen's Design Challenge 13:00 Britain's Got Talent 14:00 Royal Pains 15:00 Zoo 16:00 Resurrection 17:00 The Ellen DeGeneres Show 18:00 The Goldbergs 18:30 Britain's Got Talent 19:30 Madam Secretary 20:30 Revenge 21:30 State Of Affairs 22:30 Carte Blanche 23:30 Fruitvale Station 01:10 3 Days To Kill 03:15 All Is Lost 05:00 Britain's Got Talent	06:00 The Ellen DeGeneres Show 07:00 The Big Bang Theory 07:30 Proof 08:30 Idols SA 10:30 Resurrection 11:30 The McCarthys 12:00 The Ellen DeGeneres Show 13:00 Britain's Got Talent 14:00 State Of Affairs 15:00 Revenge 16:00 Madam Secretary 17:00 The Ellen DeGeneres Show 18:00 The Odd Couple 18:30 Britain's Got Talent 19:30 Chicago PD 20:30 Mr Robot 21:30 Battle Creek 22:30 State Of Affairs 23:30 Secrets And Lies 00:30 Last Week 01:00 Tonight with John Oliver 02:40 Devil's Knot 05:00 Britain's Got Talent	06:00 The Ellen DeGeneres Show 07:00 The Goldbergs 07:30 Revenge 08:30 Madam Secretary 09:30 Monkey In The Middle 11:30 Mike and Molly 12:00 The Ellen DeGeneres Show 13:00 MasterChef 14:00 Battle Creek 15:00 State Of Affairs 16:00 Chicago PD 17:00 The Ellen DeGeneres Show 18:00 The McCarthy 18:30 Britain's Got Talent 19:30 The Big Bang Theory 20:00 The Big Bang Theory 20:30 The Good Wife 21:30 Secrets And Lies 22:30 Battle Creek 23:30 Mr Robot 00:45 The Necessary Death Of Charlie Countryman 03:00 New Worlds 04:00 Royal Pains

Top Pick This Week



Suits

Fun Fact

The Good Wife
JULIANNA MARGULIES is so fantastic as Alicia Florrick, you'd think she was born to play the role! Can you believe, however, that she was only the third choice for the character? Both **Helen Hunt** and **Ashley Judd** had been approached before her.

Synopsis

The Skeleton Twins
THIS comedy drama follows Milo (**Bill Hader**) and Maggie (**Kristen Wiig**), twins who, after many, many years of estrangement, are forced into an unexpected reunion as the result of a set of near-tragedies. This surprising turn of events has each twin confront the realities of their respective situation, and examine why their lives have gone so wrong.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV 07:00 YO.TV Land 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy ^R 09:30 Muvhango 10:00 Skeem Saam ^R 10:30 Emzini 11:00 Wezinsizwa 11:30 The Chatroom ¹ 12:00 100% Youth First 12:30 Sports @ 10 13:00 Lunchtime News 13:30 Fan Base 14:00 Zaziwa 14:30 ANT Farm 15:00 YO.TV 16:00 Bona Retsang 16:30 My World 17:30 News (Siswati/Ndebele) 18:00 100% Youth 18:30 Skeem Saam 19:00 News 19:30 Zaziwa 20:00 Generations: The Legacy 20:30 When We Were Black 21:30 Cutting Edge 22:00 Home Affairs 23:00 Ispani 00:00 Koze Kuse	05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 Sports Buzz 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo ^R 09:00 Generations: The Legacy ^R 09:30 Muvhango 10:00 Skeem Saam 10:30 Emzini 11:00 Wezinsizwa 11:30 Cutting Edge 12:00 Jika Majika 12:30 Friends Like These 13:00 Lunch Time News 13:30 Yilungelo Lakho 14:30 Foreign Children 15:00 YO.TV 16:00 Bona Retsang 16:30 Ba Kae 16:59 Centre Stage 17:28 Devotion Region 18:00 Fan Base 18:30 Skeem Saam 19:00 News 19:30 1's and 2's 20:00 Generations: The Legacy 20:30 Tempy Pushas 21:00 Live Amp 22:00 Fire Over Afghanistan 00:00 Koze Kuse	05:00 Geleza Nathi 06:00 African Spiritual Realms 06:30 Siyakholwa 07:00 Carl 07:30 YO.TV Mmino Mania 08:00 YO.TV What's In The Fridge 08:15 YO.TV Yo Hambo 08:30 Matt Hatter Chronicles 09:00 Mzansi Insider 10:00 Generations: The Legacy (Omnibus) 12:30 Imizwili 13:30 Sport Magazine 14:00 Soccer 411 15:00 Soccer Build-Up 15:30 Laduma Live 17:30 Roots 18:00 Friends Like These 19:00 News 19:30 Real Goboza 20:00 Soccer Build-Up 20:15 Soccer 22:00 Skyroom Live 23:00 Mzansi Insider	05:00 Geleza Nathi 06:00 Siyakholwa 06:30 Bonisanani 07:00 Carl 07:30 YO.TV 08:00 YO.TV 08:15 YO.TV 08:30 Matt Hatter Chronicles 09:00 Mzansi Insider 10:00 Gospel Gold 11:00 Identity 11:30 The Chatroom 12:00 Big Up 12:30 Roots 13:00 Sunday Chillas 14:00 The Real Goboza 14:30 Nedbank Ke 15:00 Yona 17:30 Code Green 18:00 Joyous 19:00 Celebration 19:30 News 20:00 Sunday Live 22:00 The Game 22:30 My Perfect Family 23:00 Gospel Gold 00:00 Koze Kuse	05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV Paws And Claws 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy ^R 09:30 Muvhango 10:00 Skeem Saam ^R 10:30 Emzini 11:00 Wezinsizwa 11:30 Shift 12:00 Yilungelo Lakho 13:00 Lunchtime News 13:30 Making Moves ^R 14:30 Matt Hatter Chronicles 15:00 YO.TV 16:00 LOC Youth 16:30 Region 17:30 Shift 17:28 Aum 17:30 News 18:00 Now Or Never 18:30 Skeem Saam 19:30 Ses'Top La 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Soccer Zone 22:00 My World 23:00 Shift 00:00 Koze Kuse	05:00 Izwi La Bantu 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV Zenzele 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy ^R 09:30 Muvhango 10:00 Skeem Saam ^R 10:30 Emzini 11:00 Wezinsizwa 11:30 Shift 12:00 Soccer Zone 13:00 Lunchtime News 13:30 Ispani 14:30 Iron man 15:00 YO.TV 16:00 Teenagers On A Mission 16:30 Shift 17:30 News 18:00 Nyan Nyan 18:30 Skeem Saam 19:00 News 19:30 Selimathunzi 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Find Me My Man 22:00 Making Moves 23:00 Shift 00:00 Koze Kuse	05:00 Devotion Region 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV 06:45 YO.TV 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy ^R 09:30 Muvhango 10:00 Skeem Saam ^R 10:30 Emzini 11:00 Wezinsizwa 11:30 Rise 11:30 Selimathunzi ^R 12:00 Khumbul'ekhaya 13:00 Lunchtime News 13:30 My World 14:30 Hurray For Huckle 15:00 YO.TV 16:00 Bona Retsang 16:30 My world 17:30 News 18:00 Remix 18:30 Skeem Saam 19:00 News 19:30 Single Galz 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Khumbul'ekhaya 22:00 Sports @10 23:00 Soccer

Synopsis

Fire Over Afghanistan
AN American pilot, haunted by his past, and a female reporter must fight for survival when their helicopter is shot down over war-torn Afghanistan.





FUN FACT

MINNIE

snores, but hates to admit it!

YOUR backstage pass to the best movie and TV sets.

FUN FACT

THE book *And Then There Were None* is said to be the bestselling mystery novel ever.

MINNIE'S GAME FACE

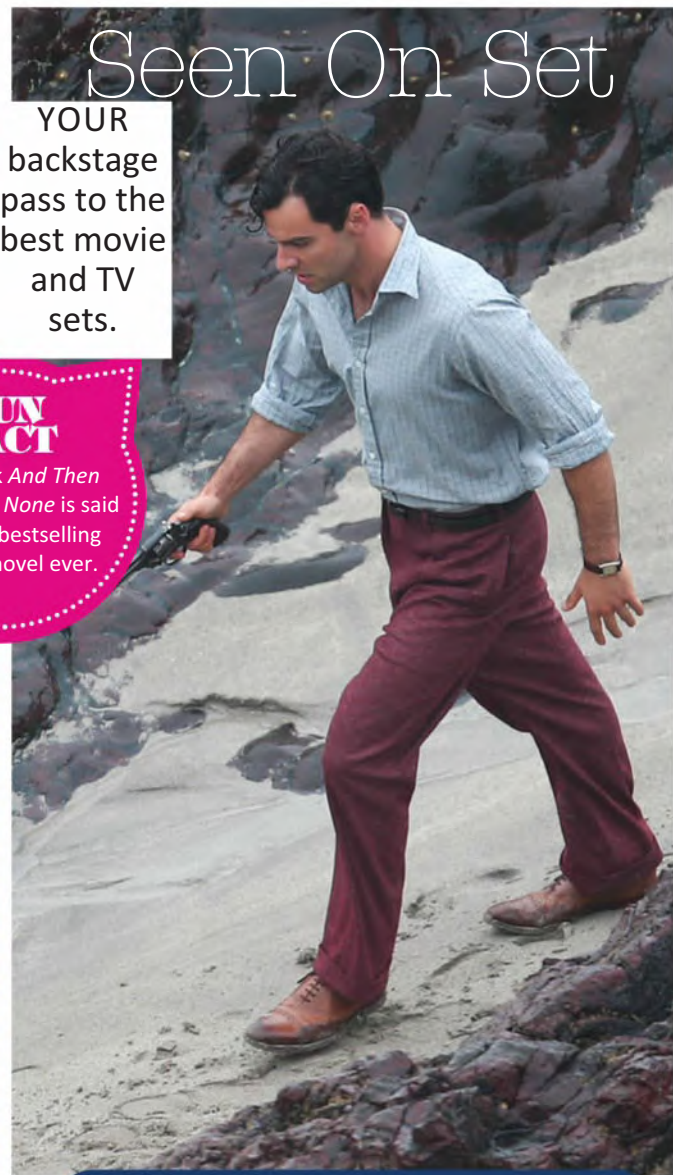
LOOK at that gangster face! Mzansi's diamond **Minnie Dlamini** was spotted filming a commercial for *SABC Sport* recently. During breaks, the 25-year-old Durban-born beauty goofed around in what appears to be a motorised-hose pipe at a local stadium. As part of her demanding schedule, **Minnie** also works as a sports presenter on *SABC 1's Soccerzone*.

RYAN'S NEW GIG

KNOCK KNOCK? Who's there? Oh jolly, it's **Ryan Seacrest**. He may be working for one of the best reality competitions of all time, but that doesn't mean he hasn't got other things going on! The 40-year-old will soon be hosting *Knock Knock*, a show in which he and his team will go out on the road and knock on unsuspecting people's doors. Oh, if only he'd knock on ours! *It hasn't been revealed yet when Knock Knock will air in South Africa*.

FUN FACT

AS an overweight child, **Ryan** was teased by others, and preferred to stay indoors.



POLDARK'S PACKING!

CALL us excited – **Aidan Turner** has his gun out... The *Poldark* actor was spotted filming a hectic scene for his upcoming miniseries *And Then There Were None* in Cornwall. The series is based on Agatha Christie's mystery murder novel of the same name! *And Then There Were None will be shown in three episodes later this year as part of Christie's 125th birthday celebrations*.

Celebs Having Their Say On Twitter...



You Said What?

"I just want some friends that like making money, wine, spa days, shopping & have good vibes." – **DJ Sbu**

"Thinking about plumping my lip but I'm terrified. Haven't gotten anything done yet but so not opposed to it. Hmmm." – **Snooki**

"Often, you step into the game, and shift your life away from those who were there for you when you were standing outside tryna get in [sic]." – **Reason**



THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Informercials	05:30 Living Land	05:30 Living Land	05:57 Motheo	05:30 Living Land	05:30 Living Land	05:30 Breaking News
05:30 Living Land	05:57 Motheo	05:57 Op Pad	06:00 Thabang Thabong	05:57 Motheo	05:57 Motheo	Ground
05:57 Motheo	06:00 Morning Live	06:00 Thabang Thabong	06:30 Hug A Tree	06:00 Morning Live	06:00 Morning Live	05:57 Op Pad
06:00 Morning Live	08:00 Parliament: A View From The House	06:30 Inside The Baobab Tree	07:00 Morning Live	08:00 Parliament: A View From The House	08:00 Parliament: A View From The House	06:00 Morning Live
08:00 Parliament: A View From The House	09:00 Inside The Baobab Tree	07:00 Morning Live	08:30 Simcha	08:30 Magical World Of Luna-Belle	09:00 Inside The Baobab Tree	08:00 Parliament: A View From The House
09:00 Inside The Baobab Tree	09:30 Tree Fu Tom	08:30 House Call	09:00 Issues Of Faith	09:15 Magic World Of Luna-Belle	09:30 Tree Fu Tom	09:00 Inside The Baobab Tree
09:30 Tree Fu Tom	10:00 Takalani Sesame	09:30 Thukuta	10:00 Hosanna	10:00 Takalani Sesame	10:00 Takalani Sesame	09:30 Tree Fu Tom
10:00 Takalani Sesame	10:30 Rivoningo	10:00 Athletics Alive	11:00 Saath Phere	10:30 Rivoningo	10:30 Rivoningo	10:00 Takalani Sesame
10:30 Rivoningo	11:00 Mother Of All Professions	10:30 Sportview	12:00 Mela	11:00 Super Nanny	11:00 Words And Numbers	10:30 Sports Lifestyle
11:00 Women In Science	11:30 Ngula Ya Vutivi	11:00 One Piece	13:00 Iyanla: Fix My Life	12:00 Rands With Sense	11:30 How Do They Do That	11:00 Rivoningo
12:00 Love That Girl	12:00 Leihlo La Setshaba	13:00 Takeshi's Castle	14:00 Pasella	13:00 Dr Phil	12:00 Talk SA	11:30 Roughing It Out
12:30 In The Name Of Love	05:30 When Duty Calls	13:30 Muvhango (Omnibus)	14:30 Musiek Roulette	14:00 7de Laan R	12:30 Golden Years	12:00 It's for Life
13:00 Dr Phil	13:00 Interface	16:00 Ice Princess	15:30 7de Laan (Omnibus)	14:30 Mali	13:00 Dr Phil	12:30 48 Hours
14:00 7de Laan R	14:00 7de Laan R	18:00 Wipeout USA	18:00 Gospel Classics	15:00 Skeem Saam	14:00 7de Laan R	13:00 Dr Phil
14:30 Mali	14:30 Mali	19:00 Nuus	19:30 Nuus	14:30 Mali	14:30 Mali	14:00 7de Laan R
15:00 Skeem Saam	15:00 Skeem Saam	20:00 Abomzala	19:30 News	15:30 Muvhango R	15:00 Skeem Saam	14:30 Mali
15:30 Muvhango R	15:30 Muvhango R	20:30 Something The Lord Made	20:00 Majakathata	16:00 Hectic Nine-9	15:30 Muvhango R	15:00 Skeem Saam
16:00 Hectic Nine-9	16:00 Hectic Nine-9	23:00 Afro Café	20:30 Interface	17:00 One Piece	16:00 Hectic Nine-9	15:30 Muvhango R
17:00 Restyle My Style	17:00 Siyaya Come Wild With Us	00:00 Mali	21:00 A Khoe Story	17:30 News (Venda/ Tsonga)	17:00 One Piece	16:00 Hectic Nine-9
17:30 News (Venda/ Tsonga)	17:30 News (Venda/ Tsonga)	00:30 Deutsche Welle	22:00 NCIS	18:00 When Duty Calls	17:30 News (Venda/ Tsonga)	17:00 One Piece
18:00 Leihlo La Sechaba	18:00 Pasella		23:00 Vampire Dairies	18:30 7de Laan	18:00 Ngula Ya Vutivi/ Zwa Maramani	17:30 News (Venda/ Tsonga)
18:30 7de Laan	18:30 7de Laan		00:00 Saath Phere	19:00 Nuus	18:30 7de Laan	18:00 Motswako
19:00 Nuus	19:00 Nuus		01:00 Deutsche Welle	19:30 News	19:00 Nuus	18:30 7de Laan
19:30 News	19:30 News			20:00 Pretty Little Liars	19:30 News	19:30 Nuus
20:00 Jamie Foxx Show	20:00 Musiek Roulette			21:00 Muvhango	20:00 All Of Us	20:00 Love That Girl
20:30 La Familia	21:00 Muvhango			21:30 Ga Re Dumele	21:00 Muvhango	20:30 Dream School
21:00 Muvhango	21:30 Powerball			22:00 Road House: The Last Call	21:30 Powerball	21:00 Live Lotto Draw
21:30 Speak Out	21:34 Ditlabonyane Ke Ditlaboima			00:15 Numbers	22:00 Afro Café	21:30 Muvhango
22:00 Wives With Knives	22:00 In The Name Of Love			01:00 Open University	23:00 Gospel Classic	22:00 Mamello
23:00 NCIS	22:30 Smallville			02:00 Dr Phil	23:30 Open University	23:00 Pretty Little Liars
00:00 Open University	23:30 Motswako			03:00 Deutsche Welle	00:00 Dr Phil	00:00 Open University
01:00 Dr Phil	00:00 Mali				01:00 Mali	01:00 Dr Phil
02:00 Deutsche Welle	00:30 Deutsche Welle TV				05:30 Deutsche Welle	02:00 Mali
						02:30 Deutsche Welle

Top Pick This Week



Morning Live

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping
05:30 Snazzy Stories	05:30 Snazzy Stories	06:00 Takalani Sesame	06:00 Takalani Sesame	05:30 Kiddies	05:30 Kiddies	05:30 Kiddies
06:00 Espresso	06:00 Espresso	06:32 Mickey Mouse Clubhouse	06:30 Mickey Mouse Clubhouse	06:00 Espresso	06:00 Espresso	06:00 Espresso
08:30 The Real	08:30 Dr Oz Show	07:00 Arthur	06:33 Thundercats	08:30 Dr Oz Show	08:30 Dr Oz Show	08:30 Dr Oz Show
09:30 Days Of Our Lives	09:30 Days Of Our Lives	07:30 Creature Club	07:03 Arthur	09:30 Wild South America	09:30 Days Of Our Lives	09:30 Days Of Our Lives
10:30 High Rollers	10:30 Generations: The Legacy	08:00 Gloss It Up	08:00 Garbage Gallery	10:30 Fokus	10:30 Generations: The Legacy	10:30 Generations: The Legacy
11:00 Isidingo R	11:00 Isidingo R	08:30 Technorati	08:00 Creature Club	11:00 Isidingo R	11:00 Isidingo R	11:00 Isidingo R
11:30 7de Laan	11:30 7de Laan	09:00 Cooking Magic	08:30 Meet Joe Food	11:30 7de Laan	11:30 7de Laan	11:30 7de Laan
12:00 Magnum PI	14:00 The Meredith Vieira Show	09:30 Which Way Violetta	09:00 Wanna Be Young Designers	12:00 Kojak	13:00 News	12:00 Cricket Build-Up
13:00 News	15:00 Clover's Big Little Cook Off	10:30 Music Moves Me	09:30 Urbo: Radical Adventures Of Pax Africa	13:00 News	13:27 Africa News Update	12:30 ODI: South Africa Vs New Zealand
14:00 The Meredith Vieira Show	16:00 Afternoon Express	11:00 An Nur	10:00 New Day	14:00 The Meredith Vieira Show	14:00 The Meredith Vieira Show	18:30 News
15:00 SA Reserve Bank	17:00 Days Of Our Lives	12:30 The Bold And The Beautiful	10:30 Isidingo (Omnibus)	15:00 The Real	15:00 The Real	19:00 Isidingo
16:00 Afternoon Express	18:00 PRO 20: South Africa Vs New Zealand	16:00 Man Cave	12:30 Amazing Race	16:00 Afternoon Express	16:00 Afternoon Express	19:30 High Rollers
17:00 Days Of Our Lives	21:00 Isidingo	16:30 Strictly Come Dancing	13:30 Cricket Build-Up	17:00 Days Of Our Lives	17:00 Days Of Our Lives	20:00 Roer Jou Voete
18:00 The Bold And The Beautiful	21:30 Club Culture	17:00 Voetspore	14:00 PRO 20: South Africa Vs New Zealand	18:00 The Bold And The Beautiful	18:00 The Bold And The Beautiful	21:00 CSI
18:30 News	22:30 The Good Wife	17:30 Dream Machine	17:30 50/50	19:00 News	18:30 News	22:00 Californication
19:00 Isidingo	23:25 Sports Wrap	18:30 News	18:30 Minute To Win It	19:30 High Rollers	19:00 Isidingo	22:30 The Mentalist
19:30 Top Billing	23:30 Fokus	19:00 Whats For Dinner	19:00 Fokus	20:30 Survivors	19:30 High Rollers	23:30 Special Assignment
20:30 Man Cave	00:00 Miami Vice	19:30 TBA	19:30 TBA	21:30 Two And A Half Men	20:00 Missing	00:00 Kojak
21:00 Charly's Cake Angels	01:00 The Meredith Vieira Show	21:30 Desperate Housewives	20:30 Special Assignment	22:00 CSI	21:00 The Good Wife	01:00 The Meredith Vieira Show
21:30 Supernatural	02:00 3 Talk	22:30 Two And A Half Men	21:00 Numbers	23:00 Special Assignment	22:00 Desperate Housewives	02:00 3 Talk
22:30 Docuville-Global Sounds, Rural Roots	03:00 Top Billing R	22:55 Sporta Wrap	21:30 Desperate Housewives	00:00 Airwolf	23:30 Fokus	03:00 Steven And Chris
23:30 Hot In Cleveland	04:00 Isidingo	23:00 The Big Bang Theory	22:30 Car Torque	01:00 The Meredith Vieira Show	00:00 Magnum PI	04:00 Dr Oz Show
00:00 Miami Vice	04:30 The Bold And The Beautiful	23:30 Club Culture	23:00 America's Next Top Model	02:00 3 Talk	02:00 3 Talk	
01:00 The Meredith Vieira Show		00:30 Roer Jou Voete	00:00 Chicago Fire	03:00 Steven And Chris	03:00 Steven And Chris	
02:00 3 Talk				04:00 Dr Oz Show	04:00 Dr Oz Show	
03:00 Top Billing R						



No More Big Brother Africa!

IF you're a fan of the *Big Brother Africa* series, we're sorry to reveal that the show will not return to our screens this year. The reason? Money. Anne Sackey, the manager of MultiChoice Ghana, has said that the show won't be returning anytime soon. "We all know the show is very expensive to put up," she said. Last season, the show had to be postponed for a month after a devastating fire ruined the Big Brother House at Sasani Studios in Highlands North. The show has also come under fire recently when a male contestant bragged about having sex with a woman while she was sleeping. The rape saga saw him being withdrawn from the House. These reasons could be why the show has failed to find sponsors, despite having huge ratings with audiences. There is currently no word if the show will return in 2016.

Kim Skips Rehab!

OH NO! Is *The Real Housewives Of Beverly Hills* star, **Kim Richards**, relapsing? The reality star, who was arrested in April for public intoxication and battery, entered rehab shortly after being released. It seems, however, that **Kim** has already decided to leave the facility after only attending a month out of her three-month programme. We have also learned that **Kim** has decided

to skip her outpatient therapy sessions as well. "She hated being in rehab. She didn't get along with anyone because she wasn't open to actually getting help, so the last thing she wants to do right now is any outpatient treatment," a source says. "And to make matters worse, she's ignoring and pushing away anyone who might actually challenge her sobriety." **Kim** aroused concern when she didn't show up to niece **Nicky Hilton**'s wedding in London last month, where most of the family spent the weekend. "Someone like **Kim** needs long-term therapy," the source says. "An illness like alcoholism isn't cured in 30 days. She has a serious problem and it needs real attention." We hope her friends and family convince her to go back and get this problem treated for good.



Holly Hagan: "Sex Is Amazing No Matter My Size"

GEORDIE SHORE star **Holly Hagan** had jaws around the world dropping after she revealed her incredible weight loss. She has since spoken out on how much more she is enjoying life now that she has slimmed down. However, she has revealed that, despite her new frame, her sex life has always been incredible. "My sex life has always been amazing! No matter whether I'm bigger or smaller I don't think it affects it at all," the star said in a recent interview. **Holly** has just finished filming the 11th season of the hit show in Greece and reveals it was one of the hardest seasons. "This series is very probably dramatic for me and **Kyle** especially. We go through a lot of sh*t and to be honest it wasn't very fun," she says. "You know when you go through



a break up and you just wanna go to your bedroom and cry by yourself? I didn't have the luxury to do that... It was just really surreal to be honest; it was really horrible."

Ice & Coco's Return To TV

FORMER reality TV stars **Ice T** and **Coco Austin** revealed recently that they're expecting, and the good news keeps on coming as the two also revealed that they're returning to TV. They have just launched their new talk show *Ice & Coco*, which is why they decided to end their reality show back in 2013. "I don't really watch talk shows," says **Ice**. "I think a lot of them are very one-sided. You've got the female telling you everything, and I'm like, 'Come on, I need a little male perspective on some of these things!' So our show will be very interesting. I think the fact that I don't watch talk shows will definitely make this a unique adventure." We certainly can't wait to watch it!



On The Box This Week



Project Runway, Wednesdays at 20h30 on Vuzu Amp

THE 11th season of hit show *Project Runway* is here! Sixteen designers are pitted against each other, but freak out when they realise this season is the first 'Teams Edition'.



I Am Cait, Sundays at 20h00 on E!

CAITLYN JENNER'S docu-series explores her revealing of her true self to her family, friends and the world -all the while facing head-on issues the transgender community deal with daily.



Find Me My Man, Fridays at 17h45 on TLC

MIAMI-BASED matchmaker **Natalie Clarice** is on call when women struggle to get a date. She helps them with their dating habits in the hopes of getting them the man of their dreams.



THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Grassroots 05:30 e-News Sunrise 06:00 e-News Sunrise 08:00 e-News Sunrise 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Ekse Zwakala 10:30 The Young And The Restless ^R 11:30 Checkpoint 12:00 Concrete Jungle 12:30 Backstage 13:00 News Day 2015 13:30 WWE Raw 14:30 Boom & Reds 14:35 Cool Catz 15:00 SpongeBob SquarePants 15:30 Jackie Chan Adventures 16:00 Craze World Live 16:30 The Steve Harvey Show 17:30 Just Shoot Me 18:00 Hush 18:30 e-News Prime Time 19:00 Rhythm City 19:30 Scandal! 20:00 Ashes To Ashes 20:30 Beverly Hills Cop 22:40 Rendezvous 00:35 National Lampoon's Thanksgiving Reunion	05:00 Life By Design 05:30 e-News Sunrise 06:00 e-News Sunrise 08:00 e-News Sunrise 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Hush 10:30 The Young And The Restless ^R 11:30 Mzansi Love: Kasi Style 12:30 Backstage 13:00 News Day 2015 13:30 WWE NXT 14:30 TBA 16:30 The Steve Harvey Show 17:30 Just Shoot Me 18:00 Club 808: Make Some Noise 18:30 e-News Prime Time 19:00 Rhythm City 19:30 Scandal! 20:00 Ashes To Ashes 20:30 Legionnaire 22:00 TBA 02:30 Hitman 04:10 What Does The Youth Find To Be Adult Hypocrisy 04:40 Planet's Funniest Animals	05:00 Medical Detectives 06:00 The Planet's Funniest Animals 06:35 Cool Catz 07:00 Boom & Reds 07:05 Cool Catz 07:30 Everything's Rosie 07:45 Fireman Sam 08:00 Julius Jr 08:30 SpongeBob SquarePants 09:00 Craze-e: Sistahood 09:30 Scandal! 11:30 Omnibus 11:30 Paternity Court 12:00 Hell Date 12:30 eShibobo 13:00 Club 808: Make Some Noise 13:30 All New Planet's Funniest Animals 14:10 Balto Wolf Quest 16:00 SAF3 17:00 WWE Smackdown 18:00 eNews Early Edition 18:05 Reality Check 18:30 B&B 19:00 e-News Prime Time 19:30 3 Ninjas 21:30 Into The Blue 00:15 Celine: Through The Eyes Of The World 02:15 Into The Blue 04:00 Hell Date	05:30 Joseph Prince - New Creation Church TV 06:00 Die Woord 06:30 Creffo Dollar 07:00 Grassroots 07:30 Hillsong 08:00 Boom & Reds 08:30 Cool Catz 08:30 Kung Fu Panda 09:00 Max Steel 09:30 Craze-e: Shiz Niz 10:00 The Big Debate 11:00 Vaskap: Varswater Hengel 11:30 Totally Outrageous Behaviour Caught On Tape 12:00 The Close Up 12:30 3 Ninjas 15:00 SA's Got Talent 15:30 SA's Got Talent 16:05 Tamar And Vince 17:00 WWE Raw 18:00 e-News Early Edition 18:05 Mahadi Lobola 18:30 Rolling With Headliners 19:00 eNews Prime Time 19:30 Modern Family 20:00 TBA 22:35 Walking Tall 02:30 Master And Commander: The Far Side Of The World	05:00 Creffo Dollar 05:30 e-News Sunrise 06:00 e-News Sunrise 08:00 e-News Sunrise 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Hush 10:00 e-Shibobo 10:30 The Young And The Restless ^R 11:30 Great Expectations 12:00 Checkpoint 12:30 Backstage 13:00 News Day 2015 13:30 WWE Superstars 14:30 Boom & Reds 14:35 Cool Catz 15:00 Everything's Rosie 15:15 Fireman Sam 15:30 Spider-Man 16:00 Craze-e: Sistahood 16:30 The Steve Harvey Show 17:30 Catch It With Khanyi 18:00 How I Met Your Mother 18:30 e-News Prime Time 19:00 Rhythm City 19:30 Scandal! 20:00 Ashes To Ashes 20:30 Kasi Living: Edlalani 21:00 e-Kasi: Our Stories 22:00 Stevie Wonder: Songs In The Key Of Life 23:50 Jury Duty 01:30 Dogboys	05:00 Hillsong 05:30 e-News Sunrise 06:00 e-News Sunrise 08:00 e-News Sunrise 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Catch It With Khanyi 10:30 The Young And The Restless ^R 11:30 Great Expectations 12:30 Backstage 13:00 News Day 2015 13:30 WWE Experience 14:30 Boom & Reds 14:35 Cool Catz 15:00 Julius Jr 15:30 Pokémon: BW Adventures In Unova 16:00 Craze-e: Shiz Niz 16:30 The Steve Harvey Show 17:30 Ekse Zwakala 18:00 How I Met Your Mother 18:30 e-News Prime Time 19:00 Rhythm City 19:30 Scandal! 20:00 Ashes To Ashes 20:30 Spina Guluva 21:00 WWE Main Event 22:00 Lies In Plain Sight 03:30 What About Joan 04:00 Mad About You 04:30 Ekse Zwakala	05:00 Die Woord 05:30 e-News Sunrise 06:00 e-News Sunrise 08:00 e-News Sunrise 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Ekse Zwakala 10:30 The Young And The Restless ^R 11:30 Supernanny 12:30 Backstage 13:00 News Day 2015 13:30 WWE Smackdown 14:30 Boom & Reds 14:35 Cool Catz 15:00 The Penguins Of Madagascar 15:30 Street Football 16:00 Frenzy 16:30 The Steve Harvey Show 17:30 Ekse Zwakala 18:00 How I Met Your Mother 18:30 e-News Prime Time 19:00 Rhythm City 19:30 Scandal! 20:00 Ashes To Ashes 20:30 Spina Guluva 21:00 WWE Main Event 22:00 Lies In Plain Sight 03:30 What About Joan 04:00 Mad About You 04:30 Ekse Zwakala

Top Pick This Week

Reality Check



Gig Guide

Where YOU Should Be Seen

August 13 - 19

August 15, Radio Raps 201, Montecasino,
Tickets are R120.

August 16, Charl Du Plessis Trio, Linder Auditorium,
Johannesburg. Tickets are R155- R185.

August 18, Johnny Clegg And Friends, The Joburg
Theatre Complex. Tickets are R1 000.



Charl Du Plessis

Johnny Clegg

FOR MORE INFO GO TO
WWW.COMPUTICKET.CO.ZA



Off The Record With...

WE chat to musicians making waves in the SA music scene!

BY EL BROIDE

WE love South African music and love highlighting up and coming bands we think are destined to make a splash in the local music scene. One of the bands we are really enjoying at the moment is **TheCITY**. The band, who have just released their debut EP, mix Afro sounds with electronic music and is one of the freshest acts we've heard in a long time. El caught up with the band and chatted music, their new EP and the future.

Tell us, who is TheCITY?

TheCITY is Bonj Mpanza on vocals, Clem Carr on synths, Ryan McArthur on bass and Ruby Crowie on drums.

How did you guys form the band?

Clem and Ryan have been playing in bands since high school but we all met at music college where we studied. The rest, as they say, is history!

Your sound is incredibly unique. How would you describe it?

We'd say it's future Afro – a blend of electronica, soul and afrobeats. Something unlike anything you've heard before.

You just released your debut EP. Tell us about the journey you took to create it.

We're very proud of our heritage as South Africans and don't feel enough bands make an effort to speak as South Africans in a global market, so this is something that influenced how we wrote these songs. It took us a while to get the songs out because we also worked with producers, who helped us sift through the superfluous parts and make the music as accessible as possible without us losing what we're about. It was a fine line that tested everyone's nerves – ha, ha – but we got there.

What makes TheCITY stand out from everyone else in the music industry?



TheCITY

We represent every aspect of our culture as South Africans and we make kick-ass intelligent pop music without gimmicks or guitars!

Which track off the EP are you most proud of, and why?

The song *Just Wanna Be* is the first song we wrote together five years ago when we were just starting out. It's a song about believing in yourself and pushing through doubt. We've performed that song at international festivals, on live TV and at underprivileged schools since, so it means a lot to us and we hope it inspires people pushing for their dreams. We owe a lot to that song.

What can we expect from you guys over the next few months?

We're touring Durban and Jozi in September so follow us on Twitter and Facebook to see when we'll be in your town. We're also planning some gigs and music workshops at underprivileged schools around the Western Cape, so we're looking forward to that.

Jackie (Deluxe) Ciara

★ ★

JACKIE is the sixth release from R&B princess **Ciara**, and sees the star add various elements of hip-hop to the sound we already know and love **Ciara** for. However, she seems lost. There are some great songs on this album but she has chosen to release the mediocre ones as singles, resulting in low album sales. There are way too many ballads, while **Ciara's** huge hits are up-tempo, crazy and energetic, so we're not too sure what she was thinking with this one. We understand where she was going with this, but the truth is it isn't as well pulled-off as we could expect. It's almost as though she's taken songs other artists rejected. That being said, production-wise, this album is great. The ballads have this huge emotion attached to them and the bangers are paired with big beats and arrangements. Is it too hard to ask her to release songs like *1, 2 Step* or *Oh* again?

El's Favourite Track: *One Woman Army*

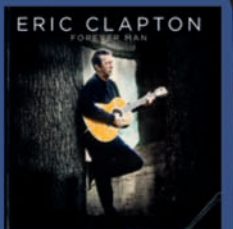


Forever Man Eric Clapton

★ ★ ★ ★

IF you're a fan of **Eric Clapton**, he's released the ultimate album you need to own. It features two CDs – 'live' and 'studio' disks. The 'studio' part features hits such as *Tears In Heaven*, *Change The World*, *Bad Love* and *Forever Man*, while the live album offers rare recordings of **Eric's** performances from various shows – including some unplugged versions. This is a great reminder of just how great **Eric's** life work is and how true an artist he is. It's a great album from this great man.

El's Favourite Track: *Tears In Heaven*



Udumo Ayanda Ntazi

★ ★ ★

GOSPEL music is one of the biggest genres in the local music business, and **Ayanda Ntazi** is the name everyone is talking about in the local gospel scene. His vocals are crisp, clear and can deliver the necessary notes his songs of praise deserve. His voice blends in beautifully with the choir that joins him on this record, and we loved that he used live instruments when recording the songs, and the fact that he didn't rely on digital beats, as many artists do these days, makes a huge difference to his music. If you're a fan of gospel music, make sure you check out this album!

El's Favourite Track: *Uyaphila*



TV QUIZ

1. In which episode did Liz discover Tom's lair?
2. True or False: Red surrenders the same day Elizabeth became a profiler.
3. Who killed Lucy in *Mako Tanida (No. 83)*?
4. In *Wujing*, what number code was in the envelope which Reddington opened?
5. Who said: "Is this like an undercover thing tonight? Because if you need a partner, I've got some pretty good fake IDs."
6. Who said, "I have no interest in cases I have no interest in"?
7. Who stabbed the neck of a woman who was given a lethal poison by Reddington's assassin?
8. In *Wujing*, what does the bug that CIA team places on Keen look like?
9. True or False: Red killed Diane Fowler.
10. What does Keen say caused the scar on her hand?

TRIVIA

1. Which is the biggest continent in the world?
2. Which is the largest country (area) in the world?
3. Which is the most spoken language in the world?
4. What is the smallest bone in the human body?
5. Which is the largest plateau in the world?
6. What is a group of lions called?
7. The Eiffel Tower is in which European city?
8. 'Hals' is German for which part of the body?
9. A shearwater is what type of creature?
10. Gevrik cheese is produced in which English county?

CELEB QUIZ

1. Which famous US rapper is allegedly bankrupt?
2. Which famous **Hilton** sister got married in a R970 000 Valentino dress?
3. Which English singer is postponing her third album to have her second baby?
4. True or False: **Kendall Jenner** announced she's launching a beauty website.
5. How old is **DJ Zedd**?
6. True or False: **Tom Cruise** wants **Prince Harry** to star in a *Top Gun* sequel.
7. Which local talk show has the highest viewership?
8. True or false: **Chris Brown** and **Karrueche Tran** were spotted together?
9. True or False: **Justin Bieber** and **Selena Gomez** are said to be an item again.
10. Who is **Angelina Jolie** married to?



The Blacklist, Sundays at 18h00 on M-Net Edge



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PEOPLE 71

Soaps

RHYTHM CITY

IT'S the day after Reneilwe's big night. Thandeka tries to soften Doc's stance on Zinzi and Bongsi. Zinzi takes money to Bongsi and falls asleep in her apartment. Suffo is still holding firm on his decision with Niki and Puleng. Lerato discovers that Zinzi is cultivating a relationship with her mother. Suffocate and Niki have a scare with Busi. Niki gets some words of wisdom from Ntombizodwa. Zinzi is determined to see her mother. Doc and Lerato have dinner in the same restaurant that Zinzi and Bongsi are having theirs. Reneilwe and Sifiso continue to miss each other. Puleng panics when she realises that Niki has no intention of leaving Suffo. Things get out of hand between Doc and Zinzi. Doc loses his temper and slaps her. Ntombizodwa announces that she has made arrangements for Suffo and Puleng's traditional ceremony to take place in KZN. Puleng has a panic attack when she realises that her plans have backfired. Sifiso wins Reneilwe's heart again when he does something special for her. Thandeka urges Doc to make things right with Zinzi. Zinzi is settling in with Bongsi, but Doc finds her in Bongsi's flat and demands that she come home with him.

Rhythm City, weekdays on e.tv at 18h30.

ISIDINGO

GABRIEL faces the last hurdle in his quest to own the church. Angelique struggles to prepare for the gender discrimination case. Samantha seeks Lerato's help in understanding social media. Sizwe agonises over his decision to vote with Gabriel. Nikiwe tries to keep the peace between Angelique and her father. Lerato gives Samantha tips on how to share on social media. Pastor Gabriel behaves out of character when Barker puts the squeeze on him. Angelique's crusade to help the female miners of Sibeko Gold escalates. Brad's theory of why Samantha's Twitter page has blown up sets off alarm bells. Sizwe digs in his heels when he hears that the church is contemplating doing business with Barker. Rajesh soothes Angelique's nerves in the build-up to the big meeting. Lerato reminds Samantha that social media is about you expressing yourself. Pastor Gabriel weaves a wicked web of allies and foes heading up to the Prosperity Seminar. Nikiwe struggles to wrangle the female miners issue. Sam and Lerato are stuck to their phones.

Isidingo, weekdays on SABC 3 at 19h30.

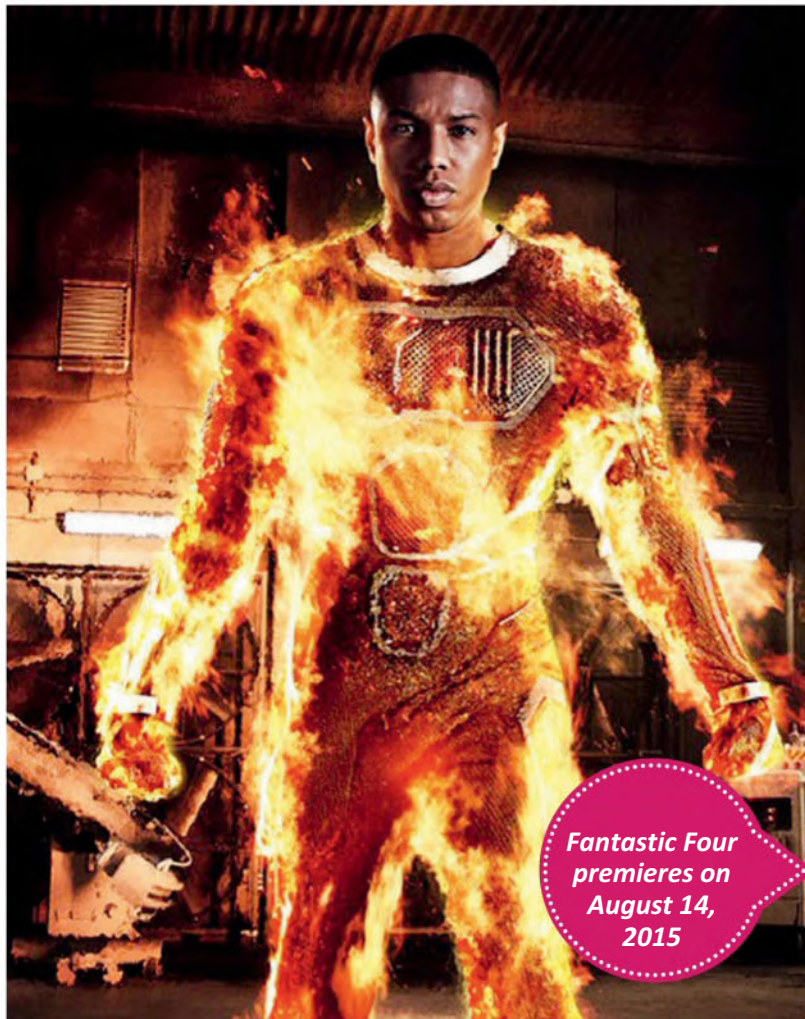
SCANDAL!

LUCAS organises a job for someone at Safe 'n Clean and tasks them with duties which have little to do with safety or cleanliness. Ndumiso overhears something which devastates him. Thembeke turns a situation to her advantage while Anzani receives good news. Dintle is thrilled when she learns of a past situation which she knows she will be able to use against an enemy. Gontse worries about something that never happened and Ndumiso tells Hloni something which isn't true. Anzani makes a decision which Lerumo worries will be very upsetting for someone close to her. Twice in one day, Thembeke is greeted by sights which make her blood run cold. Gontse ignores a friend's advice and approaches someone she should not be bothering with. An acrimonious and hurtful argument flares up between two people who are close. Stokkies picks up some information which he thinks will be of use to Lucas. In a moment of panic, Ndumiso utters a truth which is not heard by the person for whom it is intended. Some well-meaning friends unwittingly cause Lerumo to feel very insecure. Eddie is driven nearly mad when he cannot discern whether he is being toyed with or being told the truth. Gontse decides to reach out but the demon drink gets in the way of her plans. Lerumo sees something which makes him realise he may not know his wife as well as he thought he did.

Scandal!, weekdays on e.tv at 19h30.

Firing Up A Story MICHAEL

MICHAEL B. JORDAN speaks about action, comic books and the challenges of filming *Fantastic Four*.



*Fantastic Four
premieres on
August 14,
2015*

LIKE his character in his latest film, Michael B. Jordan's career is only getting hotter. While he may have made his film debut back in 1999 with the film *Black And White*, he really caught our attention with the 2012 sci-fi *Chronicle*, and now Michael's blazing across our screen as the cocky Johnny Storm in the reboot of Marvel's *Fantastic Four*. We managed to hear from the star what filming this latest superhero movie was like.

What can we expect from this version of *Fantastic Four*?

Well, these are characters you may be familiar with, but you're seeing them in a new, fresh way. It's a different take. I think the film is grounded in real emotions – you get to know these characters and hopefully care

about them. They're learning about themselves at the same time. It's a superhero movie, but a grounded superhero movie. It's exciting. It's an action-packed drama.

What are your thoughts on your character, Johnny Storm?

Johnny's Johnny, you know! Like all of them, he's figuring out who he is. He's charismatic. He's fun. But he's got to deal with stuff. That's what this is about. It's about when life throws curve balls at you, how you adapt.

Is it different, being cast as a superhero?

Specifically for this project, I'm not cast as a superhero. I'm Johnny Storm, who's just a regular guy who becomes something. We're becoming the *Fantastic Four* that everyone else knows. It's the journey to get there.



Storm With B JORDAN

Can you explain a little about your powers in the film?

Johnny Storm has the ability to produce flames, so he can engulf his entire body in them. He can also control and absorb other fires as well as fly.

What does it feel like when you see yourself on screen with superpowers? Do you get a kick out of it?

It's really cool. All your imagination and fantasies come to life. You know when you're a kid and you're playing and figuring out what superpower you would want to have? Well, actually getting to visualise it and have it not just in your head is awesome!

Did you have to do any special training?

I just worked out. I was getting ready to shoot *Creed* right after, so I was starting to get into boxing shape. You definitely see Johnny in shape.

Are you a fan of superhero movies in general?

Yes, I definitely am. I'm a big *Iron Man* fan. I also really like *The X-Men*. *First Class* and *Days Of Future Past* are my favourites.

Is there pressure making a superhero movie, knowing there are a lot of people out there who are very passionate about this genre?

Fans are very passionate about their properties and stories they grew up with, so as an actor, you try to take it as seriously as you would anything else. Do the homework if you're not familiar.

How much did you know about *FF* before you got involved with the film?

I grew up loving comic books so I was a big fan. And so it's great to get to play a character like this. It's a big deal to me.

This new *Fantastic Four* feels almost like a science fiction movie. Would that be fair to say?

I think we prided ourselves on taking the science part of it very seriously. We had some of the smartest guys there for authenticity to make sure

that the science we were referencing was as true to life as possible.

What would you say are the main themes the film explores?

Family, self-discovery, coming of age, action, suspense drama, light notes of comedy... A little bit of everything. A perfect mixture of all.

Tell us a bit about Johnny's dynamic with the other three main characters.

The *Fantastic Four* that people remember were already established as a group, but here, that group is not established yet. We have to find that. That journey has to happen to get us to the place that people know. This is an origin story. These characters meet each other, mostly for the first time. So we *become* those characters over the course of the film. Ben and Reed are best friends, but Johnny doesn't necessarily agree with what Ben's doing and then Victor's there and it kind of becomes this sort of jousting for attention. Over the course of the film the chemistry comes together, that family dynamic that everyone is familiar with.

How did you find your co-stars? Presumably, playing a family of sorts, you needed to develop a certain chemistry?

Well, I'd known **Miles Teller** for a while – we'd talked about this project, and we'd worked together, so there was a mutual respect already established. I knew **Kate Mara** a bit; we had some mutual friends, and I'd been dying to work with her. **Jamie Bell**, I'd respected for a long time. His talent, his work ethic. So that worked out well. And **Toby Kebbell**... I really respected too! I mean, we just had a great cast. And we all wanted to make something special.



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SKEEM SAAM

A PHONE call from Those sets alarm bells going in John Maputla's mind. Charity has one hell of a difficult day – but the worst is just around the corner. Kerrin Edwards' appearance on the TV news sends shockwaves through the community. Every police department in the country offers to help Malebana and Turfloop police find the abducted boy. A Johannesburg B&B owner makes a startling discovery that will draw her into a complicated web of secrets and pain. Kat gives a weak, ailing Granny an ultimatum. News about Charity's disappearance spreads all over, and the police get wind of her whereabouts. Leeto and Babymaker are shocked to find they've stumbled right into the middle of a serious police investigation. Kwaito's most shameful secret might be on the verge of being exposed. Kat decides to take matters into his own hands and go and find his mother, but his decision is severely tested. Kerrin finally finds a way to exact punishment on Marothi. Those is disturbed by Kwaito's capacity to deceive. Charity formulates an elaborate plan to stop the walls from closing in. Billboards appear around Johannesburg with a picture of the missing child and the person who abducted him – but is it too late? Petersen discovers information that might force him to betray someone he loves. With the whole nation on her tail, Charity is fast running out of options.

Skeem Saam, weekdays on SABC 1 at 18h30.

BINNELANDERS

BLACKMAIL seems to be a last resort, and what should actually be good news for the Jonkers turns into a bit of a nightmare. Roelf's scheming knows no bounds, and there is more than one person that wants to get rid of him permanently. Sensitive information makes a doctor's life even more difficult. There is a surprise for the Ferreira household, and the Du Preez's are not making any friends in the hospital. Tertius asks Rian for advice, and Tonik's new look is tested. Emil might have the answer to his problem, while Marike causes more drama in the corridors of the clinic. The truth about Lydia comes out, and Roelf realises that At has his own way of dealing with problems. A crisis meeting is held in Jana's office, while Pippa gives Karli advice on how to deal with what is happening at the moment. Eventually, At gets what he wants, while Okkie has some good news to share with Ilse. Ivanka wants to help Liezl with her dilemma, and Daleen returns from Rustenburg – very shaken. At pays Roelf a visit. Karli and Herman don't see eye to eye regarding Roelf, while At realises that Roelf won't let go so easily. Morne's excitement doesn't make life easier for Liezl, and Herman is uncomfortable with Jana's solution.

Binnelanders, weekdays on kykNET and M-Net Terrestrial at 18h30.

THE BOLD AND THE BEAUTIFUL

SEEING the gift that Wyatt has given to Hope, Liam becomes irate and demands that she give it back. Knowing that the word about Bill's involvement with Ridge's accident is out, Deacon pays a visit to Brooke to see how she's holding up. Deacon makes a plea to Brooke for them to at least be friends. As part of his plan to win Hope back, Wyatt convinces Rick to call an impromptu press conference. Hounded by the media at the press conference, Hope is put on the spot about whether she will accept Wyatt's gift. Meanwhile, a helpless Liam is forced to watch Wyatt's public display of affection for Hope. Knowing what kind of man Bill is, Deacon implores a torn Brooke to sever all ties with him. Bill makes one last ditch effort to win Brooke back. Liam has a secret to share with Ivy. One couple shares a surprising kiss.

The Bold And The Beautiful, weekdays on SABC 3 at 18h00.

SOAPIE
STAR OF
THE WEEK

Natasha
Thahane

Juicy Bites

Skeem Saam's

Natasha Thahane

- **Natasha** dropped out from Wits University, she studied accounting.
- Apart from her acting, she studies media studies at Boston Media House.
- She is Archbishop Desmond Tutu's granddaughter.
- She stays in shape by drinking water and NOT eating chocolate.

Throwing Africa's Lions

To The Wolves

THE suffering involved in the death of Cecil is just the 'tip of the iceberg', warns environmental experts.

THE death of Cecil – a rare black-mane lion that was lured out of a protected park, shot, skinned and beheaded – has spawned a global outcry. Not only are South Africans gunning for the conviction of an American hunter who came to Africa to kill the majestic beast, but the 55-year-old dentist and father of two has had to obtain police protection following threats on his life.

Cecil was a wild lion born and living in Hwange National Park, which occupies roughly 14 650 square kilometres. Fitted with a GPS collar for a research project by scientists from Oxford University, he was one of the oldest and most famous lions in Zimbabwe. Earlier last month the 13-year-old lion was illegally lured out of the sanctuary onto private land and shot by hunter Walter Palmer, an American citizen. It's understood Palmer allegedly paid over R650 000 for a big game permit and travelled from his home town of Minneapolis to Zimbabwe to kill a lion with a bow.

Bow-hunting is notoriously inefficient in terms of 'clean kills', and even more tragic than Cecil's ultimate death is the fact that the lion suffered for two days after being shot with the arrow from Palmer's compound bow. Since news of Cecil has spread, he has become symbolic of endangered wildlife, and the cruelty and greed that

is fuelling it.

While Palmer has yet to appear in court and has since returned to the United States, the outcome of the case, says experts, will largely depend upon the efficiency of the Zimbabwe legal system. Officials have said Palmer and a guide who took him on the hunt with Bushman Safaris, as well as the owner of the land where Cecil was killed, had no permit or quota allowing them to legally kill the lion.

'It is very seldom that target lions die quickly or painlessly, especially in bow-hunting. Cecil's death is the rule, not an exception.'

Professional Zimbabwean hunter Theo Bronkhorst appeared in court on charges of failing to prevent an illegal hunt after he organised the expedition on which Palmer killed Cecil. He was granted bail and ordered to lodge a R12 000 deposit at the court in Hwange after a day of negotiations between police, prosecutors and lawyers. Bronkhorst's trial date is set for

August 5. Co-accused Honest Ndlovu, a landowner who has also appeared before a magistrate, was scheduled to attend court recently on separate charges, the

Cecil was fitted with a GPS collar for a research project by scientists from Oxford University and was one of the oldest and most famous lions in Zimbabwe



Cecil's murder has caused public outrage

outcome of which was unknown at the time of going to press.

"Don't hold your breath or be surprised if the case collapses. The real punishment will be the public exposure of yet more hunting malpractice by the bottom feeders who flourish in such a cruel, brutal business," says Chris Mercer – founder and director of Campaign Against Canned Hunting (CACH).

Talking to **people**, Chris explains that Cecil's death is just the 'tip of the iceberg'. "It is very seldom that target lions die quickly or painlessly, especially in bow-hunting. Cecil's death is the rule, not an exception. This squalid industry sells vicious cruelty to animals as a routine," says Chris, who has spent his life campaigning for the abolition of canned hunting. "Even though hunting is a major threat to our wildlife heritage, it is remarkable that no decision has ever been made in South Africa that impacts adversely upon hunting. This is because conservation



Theo Bronkhorst was charged with failing to prevent an illegal hunt

is heavily influenced, if not controlled, by an elite multinational group of hunters – ‘environmental terrorists’.”

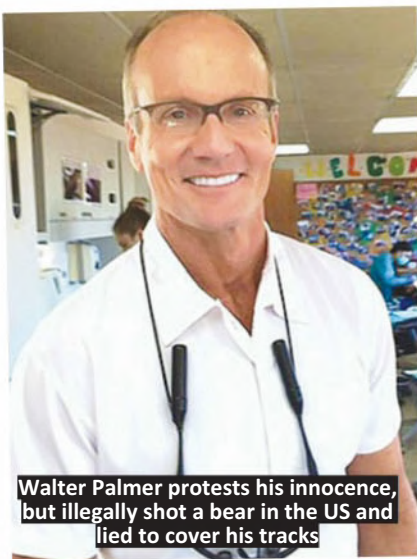
According to Chris, 1.4-million square kilometres of land – more than 22 percent of all the national parks – is devoted to hunting and every year trophy hunters kill on average 105 000 animals, including 800 leopards, 600 lions, 640 elephants, and 3 800 buffalo. It’s understood that Palmer is a member of Safari Club International (SCI), which has about 55 000 members across the world. Last year we reported on another member of the Club, Texan-born Corey Knowlton, who bid \$350 000 for a permit to hunt and kill a black rhino in Namibia. The hunt took place last year May despite efforts by animal activists. On the SCI website Palmer is listed as a specialist bow-and-arrow hunter with 43 registered kills.

“What many don’t know is that the trophy hunting industry is centred on Safari Club International (SCI). Tens of thousands of hunters and hunting operators gather at its annual conference to buy and sell hunts,” says Chris. “Prizes are given out for bizarre actions, all totally contrary to conservation. For example, the person who has killed the highest number of animals anywhere in the world gets a prize. So does the hunter who has killed the highest number of endangered species. The trophy hunting multinational conglomerate is obscenely wealthy. It is rich and powerful enough to bring down non-compliant third world governments. SCI’s board of directors have included past presidents, captains of industry, celebrities and less famous but even richer people. Wild animals in Africa have been reduced to a commodity, like tin or copper. Animals can be killed without pity, so long as sufficient numbers are left in order to provide living targets for the hunters next year.”

Chris believes the only way to stop other animals like Cecil from being killed is to follow the example set by Kenya and ban all sport and trophy hunting. Gun controls, says Chris, also need to be applied strictly and equally to all citizens. “The exemptions and privileges currently provided for hunters should be abolished,” he says. “There should be a moratorium on all trophy hunting while

South Africa and other African governments establish conservation regulatory and enforcement bodies that are competent and above reproach. Absolutely and without any exceptions, lion farming and canned lion hunting should be stopped at once.”

As for Palmer, he has issued a statement, expressing his ‘deep regret’ over the incident. “I had no idea that the lion I took was a known, local favourite, was collared and part of a study,” he said. “I relied on the expertise of my local professional guides to ensure a legal hunt. I deeply regret that my pursuit of an activity I love and practice responsibly and legally resulted in the taking of this lion.”



Animal News

BY EUGENIA BOOI

Loving Lilo

A SIBERIAN husky named Lilo has nursed a kitten, Rosie, back to life. Lilo’s owners, the Bui sisters (Thoa, Thi and Tram), from Los Angeles, have been looking after abandoned animals for many years. One of the three sisters, Thi, was alerted to Rosie, who was close to death, by a co-worker and the sisters lovingly took her in. The three-week-old feline



and her husky surrogate mother bonded instantly, and after a week of tender and loving care, Rosie opened her eyes and began to walk on her own.

Roo, The Kanga-Dog

THIS rescue puppy, which is just 15 weeks old, is only a few inches tall and has to hop on his back legs like a kangaroo to get around – so it’s no wonder he’s been named Roo. He was rescued by Paula Knowles of Pendle Dogs in Need, Lancashire, who says she was a little hesitant at first about adopting Roo – but the little pooch won his way into her heart. He has been to the vet and been checked over, and apart from his legs there is nothing wrong with him. They can only put it down to a genetic disorder.



Birds Of A Feather Fight Together

DAVID CANALES, a photographer from Alaska, captured this once-in-a-lifetime photo from his kayak on Prince William Sound in Alaska while on an 11-day expedition from Valdez to Whittier. An eagle found itself in a mid-air battle after latching onto a seagull and flying off with it securely held in its talons – or so it thought! Another brave seagull tried to force the eagle to drop its friend by pecking at the eagle’s neck, while the victim struggled to free itself by pecking at the eagle’s feet. Two against one, we’re hoping the brave seagull won the day!



Do you have a story for Animal News by Eugenia Booi (with pictures) you would like to share with us? E-mail eugeniab@caxton.co.za and write ‘Animal’ in the subject line. We will give you R500 if your story is published!

Take Me Home

THIS week we have some adorable dogs from Furever Pet Rescue.

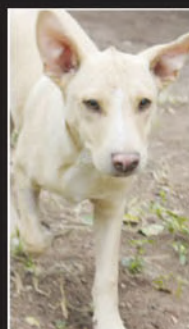
How To Adopt Me: If one of us has caught your eye and you’re willing to provide us with a loving home, please phone Cheryl Herda on 073 509 4294 or e-mail cherylherda@gmail.com, to meet us.

TIPS ON ADOPTING A PET

BEFORE you adopt a gorgeous pet, make sure you have considered the following:

- * Do you travel a lot?
- * Does your complex / neighbourhood allow pets?
- * Do you have a safe and secure home for the new addition?
- * Do you have the time and money to look after a pet?

- * Will you love and care for this animal at all times?
- * Will the animal fit in with your other pets?
- * Ensure the breed is one that suits you and your family.
- * Do you have enough space for the pet to run around?
- * Do you have kids? If yes, take the correct security measures before adopting.



Manny



Earbud



Sam



Dean



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PEOPLE 75

Strange But True

BY EUGENIA BOOI

The 101-Year-Old Abseiler

A ONE-HUNDRED-AND-ONE-YEAR-OLD woman from the UK has proved that age is just a number after breaking her own world record as the oldest abseiler in the world when she descended 94m down the side of a viewing tower. No amount of wind or rain would deter Doris Long, who has been honoured with an MBE for taking up the challenge to raise money for The Rowans Hospice in Waterloo. "I don't feel afraid and never have. I just have a placid nature," she said.



Penuel: Master Of 'Everything'

A SOUTH AFRICAN pastor instructed his congregation in Pretoria North to eat snakes recently. According to *The Citizen*, the bizarre activity was based on a sermon regarding faith, in which Pastor Penuel Mnguni declared that he had the 'authority' to change 'everything into anything' and that it would obey because of 'his authority'. After this bizarre activity was revealed he was arrested and has been released on bail of R1 500.



Tattoo Towers

TATTOO artist Houston Patton has collaborated with Dagny Fox, forming the company Thieves Of Towers, which will produce a portfolio of breathtaking skin art. Houston's done pen and ink illustrations, graffitied walls and has been tattooing for almost a decade. Dagny is the brand's creative director and focuses on handcraft. Together they bring the world their perfectly combined talents, skills and artwork. Using infrastructure and landscape as their inspiration, the pair produce intricate inkings that will amaze.



MOTHER A REUNITED

WHEN her newborn son was stolen from the hospital, Nelly Reyes was told the child had died – only to learn, nearly half a century later, he was alive.

PREGNANT with her third child, 19-year-old Nelly Ines Reyes climbed into a neighbour's truck at 06h00 to go to the hospital in Valparaiso, Chile, when her contractions began. Breathing heavily and periodically pushing for the baby to be born, tears of joy streamed down her cheeks when she finally heard the infant's loud cry 10 hours later.

"Oh, my little boy, let me see him," she said.

Quickly, a female nurse handed the newborn over to an unidentified male attendant, who whisked the baby out of the room without letting Nelly see him.

"No, you can't," the nurse snapped.

"He had an umbilical cord wrapped around his neck. He's in serious condition."

Nelly cried out, "Oh, no! It can't be. That's impossible."

She'd had a normal pregnancy and was told during a sonogram seven months into gestation that the baby was perfectly positioned.

Unable to afford an obstetrician, there was no one in the delivery room who'd listen.

Suddenly, she felt weak and drowsy, until she could hardly shift her shoulders or see clearly. She'd been given a strong sedative that made her sleep through the night.

Nelly never again saw her baby alive.

When she got up the next day and spotted the name 'Reyes' in the nursery, her heart fluttered as she walked towards his crib. Instantly, a nun working at the hospital darted in front of her and callously announced that her son had died of a heart ailment during the night. Nelly momentarily froze. Devastated, she wailed by the crib while the nun physically prevented her from touching the bundled-up infant who lay inside.

Heartlessly, the nun kept prodding her to leave and avoid a scene. She said Nelly was young enough to have more children and that it was better that the baby die rather than suffer.

"Don't worry, he's in heaven," she remembers the nun saying.

For nearly 41 years, Nelly Ines Reyes

Perez, now 61, thought that the boy she wanted to name 'Juan', was long dead. No one but her mother, aunt and cousin knew she'd given birth to a baby boy at 16h00 on November 15, 1973. She kept the secret 'locked inside', never suspecting that her child had been stolen or understanding why she couldn't see his body.

Gradually, she remade her life and married Juan Catalan Fuenzalida, a construction worker 16 years her senior. She had three more children: Gonzalo, now 40, Marco, now 39, and Diego, now 30. But Nelly never forgot the baby she lost and often wondered in silence what he would have been like, if he had survived.

Then in June 2014 – as if witness to a miracle – she found out he was alive.

A policewoman who visited her home said that 41-year-old Travis Tolliver lived in the US and believed she was his biological mother. He wanted to make contact with her because he needed to find out the truth about his birth.

The policewoman approached Nelly cautiously.

"Did you ever give away a child?" the office asked.

"I've never given away or given up a child of mine," she shot back angrily.

"In 1973, a boy left Chile and went to the United States and he says that he's your son," the officer said.

"Is this a joke?"

"No," the officer answered. "I just received a call from an organisation that reunites lost children with their families in Chile. He speaks only English. No Spanish. How can he contact you?"

That night, she cried herself to sleep after disclosing her secret to her husband, daughter and four sons. They were surprised, but understanding.

"Why didn't you tell us before?"

Jessica asked as she embraced her mother. "So I have an American brother," Freddy remarked gleefully, trying to lighten the mood.

"I'm dying to talk to him," said Marco, who spoke only a few words of English.

"We have another son, Nelly," beamed husband Juan, 77. Everyone was jubilant.



FOUND AND STOLEN SON Real Life DAD AFTER 41 YEARS



Nelly with her long-lost son Travis

Over the next several months, Travis Tolliver, a warehouse supervisor from Yelm, Washington, communicated with his brother Marco on Facebook and through text messaging. He downloaded an app that translates English to Spanish. Marco did the same for Spanish. He found his birth mother through a Facebook site called Chile Adoption Birth Family Search.

News of Travis sent Nelly into depression. She felt guilty that she hadn't fought hard enough for her son, worthless that she didn't protect him and helpless that she couldn't change the past. She cried all the time. Visits to a psychologist and months of antidepressants helped her cope. In October 2014, she swabbed her cheek and sent her DNA to Travis. It proved that she was his birth mother. She sank back into depression. "I got very sick, perhaps for two months," she said. "I felt it was my fault."

For Travis, finding his mother was life-changing. The news came in an e-mail from a Chilean woman living in Texas with ties to the Family Search site. She had good news, she wrote, and sent him a photo of Nelly on the Internet.

"I gave them my mother's name, the date of my birth, name of the hospital and the name on my adoption papers: Travis Edmund Reyes, and they found her within three or four weeks. It was relatively easy because I left Chile with my mother's surname," he said.

Travis was overwhelmed with happiness. Married to 32-year-old Traci, he cried in her arms as his two children, Cira, 10, and Trent, six, watched sorrowfully.

Then, he went into a rage when it hit him that he'd

been stolen, like thousands of other children who were taken at birth in Chile in the '70s and '80s under the military dictatorship of Arturo Pinochet. Travis, who has thick salt-and-pepper hair and olive skin, for years dangled a Chilean flag from the rear-view mirror of his car to connect with his past. For the next 11 months, he religiously messaged Marco, but never spoke to Nelly. "I wrote him to tell her that I love her," he said, "That I don't hold anything against her and look forward to our meeting."

He vowed to visit Chile within one year. To pay for the trip, he sold some stock investments, dipped into his savings and took two months off work without pay. Now, he's financially pressed, but swears: "It's been worth it."

On May 13, 2015, he arrived at Arturo Merino Benitez International Airport in Santiago, Chile, after a 24-hour flight. With him was a picture album of his childhood, teenage and adult years, and life with his family in the US.

Nelly was nervous, but ecstatic about meeting him. She went to the airport with two grandchildren carrying a handmade sign that read: 'Lovingly waiting for Travis, your mother Nelly and family'. When he left the arrivals gate, she was right there in front of him. "I recognised her immediately. We'd never spoken to each other. We just held each other and hugged for a long time. I just knew I loved this woman."

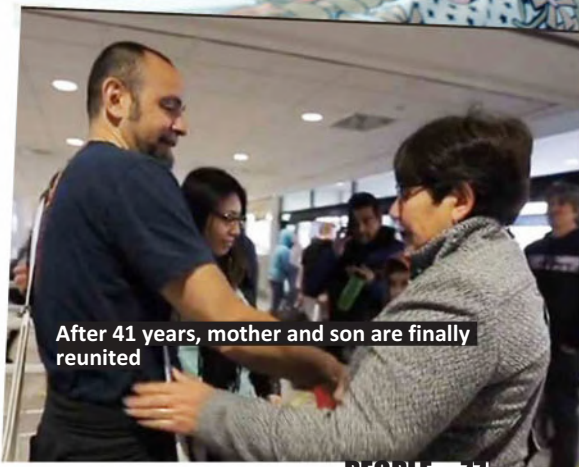
Nelly couldn't stop touching him. "I believed that he was dead and then seeing him as a grown man, with a family of his own, it was very powerful," she says. "I would have been incapable of giving him up."



Travis is married, with a family of his own



He was believed to have died as a baby



After 41 years, mother and son are finally reunited



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PUZZLE ANSWERS

Even Exchange

1. Change, Charge
2. Expel, Excel
3. Switch, Snitch
4. Frank, Prank
5. Train, Trail
6. Button, Hutton
7. Shrug, Shrub
8. Wafer, Water
9. Perch, Porch
10. Hatter, Halter

Cryptic Crossword



Codebreaker



Arrow Word



Sudoku

3	6	7	8	9	2	4	1	5
2	9	5	1	4	3	7	8	6
1	4	8	5	7	6	3	9	2
7	8	1	4	2	5	9	6	3
6	3	4	7	1	9	2	5	8
5	2	9	3	6	8	1	7	4
9	7	3	6	5	4	8	2	1
4	1	6	2	8	7	5	3	9
8	5	2	9	3	1	6	4	7

Maths Quiz

6	9	1	4	8	3
1	6	1	1	3	7
6	2	7	5	3	5
6	6	1	2	7	1
6	1	7	9	2	4
7	8	4	8	8	9
7	2	7	0	2	3
3	5	8	0	1	4
1	0	5	2	4	5

Go Figure

2	x	9	÷	3	6
+		÷		+	
8	+	9	-	6	11
÷		+		-	
5	-	4	x	7	7
2		5		2	

Killer Kakuru

9	7	8				8	9	7
8	9	6	7			7	6	8
2	1		5	8	6	9		2
4	2			9	8			4
1	3		8	7	9	5		1
		3	1			3	1	
		1	2			1	2	
2	1		3	8	6	2		2
6	8			9	8			6
1	3		8	7	9	5		1
9	7	8	6			6	8	9
8	9	6				6	8	9

Celeb Wordmatch

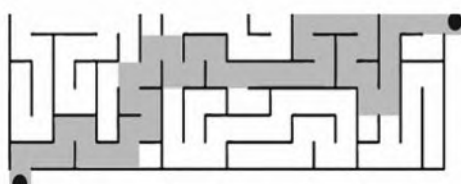
STUD	P O K E R	FACE
SHORT	C H A N G E	OVER
KISS	B E T T E R	HALF
FREE	S P E E C H	BUBBLE
LOG	C A B I N	BOY
BRIDAL	S H O W E R	CURTAIN
SMART	C A S U A L	FRIDAY
LONG	S W O R D	FIGHT
PASSION	F L O W E R	BED
GRAND	P A R D O N	ME
LOVE	L E T T E R	BOMB
SEA	S H O R E	LINE

Jumbo Crossword

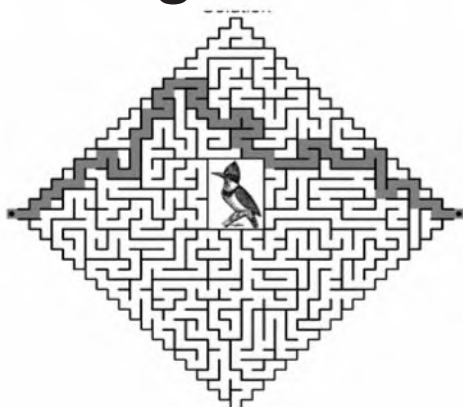
ACROSS: 3. BANJO 7. FEAST 11. SPACE 17. MOCKED 18. URBAN 19. THEIR 20. EXCEPT 21. AVOID 22. ULTRA 23. TOPIC 24. LA-DI-DA 25. CELLA 26. UNCUS 27. LEAPED 28. SNEER 29. TRADE 30. PERIL 31. MUM 32. SOS 33. INFEST 37. GREMLIN 40. ENGAGE 44. INCUR 48. DODGE 50. DAWDLE 51. CANOE 53. AMAZON 54. IDEM 56. PETS 58. CAR 59. IGLOOS 60. PIP 62. TALENT 63. ATE 65. ODEON 66. ALLEY 67. EXTOL 68. GOATS 71. RATED 74. JUDO 75. HERON 77. NAKED 79. GLIB 80. SCAR 1. DAY 82. RUTH 83. RIOT 84. OUTRE 86. WAIVE 88. STIR 89. ARIEL 91. AMONG 94. URGED 96. MESSY 98. INLET 100. PAH 101. APPALL 102. DOE 103. VACUUM 104. ESE 105. STOP 109. MASK 111. STRICT 112. AURIC 113. CLERIC 114. A SOLO 116. CHARM 118. MOROSE 120. CHIGNON 123. STAKES 125. NUN 128. SOB 130. WELSH 132. SPOTS 134. ACRID 137. CAVIAR 138. CIVIL 139. HATCH 140. SALOON 141. SATAN 142. NADIR 143. TEPID 144. ABRUPT 145. REIGN 146. NEGUS 147. NONAGE 148. SEWER 149. STAGE 150. STAGS

DOWN: 1. EMBLEM 2. ACADEMIC 3. BEADS 4. ADVANCE 5. JUICE 6. ORDERS 7. FAULT 8. ENLARGE 9. STRUDE 10. THANE 11. SIT UPS 12. PROSE 13. CEILING 14. EXCEL 15. DESPISED 16. AT ODDS 34. NUDE 35. FRAMING 36. SEDILIA 38. RACK 39. IBEX 41. NEATEST 42. ADOPTED 43. GONE 45. NAIAD 46. REMORSE 47. MACABRE 49. GUSTO 52. NAIL 55. DREADNOUGHT 57. TATTLITALES 58. CONJURE UP 60. PLUNDERED 61. PENNYWISE 64. ELABORATE 69. OSCAR 70. THROE 72. AD REM 73. ELTON 76. RUT 78. KOI 85. ULULATE 87. VALANCE 89. ADAPTOR 90. IMPLIES 92. OPULENT 93. GIMMICK 95. RASPS 97. SOAR 99. ESKER 106. OSLO 107. LASH 108. ECHO 110. ACHE 115. OMNIVORE 117. AS SOON AS 119. OPERATE 121. IMPLANT 122. NOTHING 124. ARISING 125. NECTAR 126. SHINER 127. CACTUS 129. BONDED 130. WASPS 131. SCARE 132. SINGS 133. SAREE 135. CHEST 136. DADOS

Kids Maze



Mega Maze



Scramblers

1. Search; 2. Dense;
3. Dispose; 4. Pliant

Today's Word

CLOSED

Sticklers

The answer is C. 57.
In each circle, the sum of the four numbers totals 60.

Number Crunch

$$\begin{array}{r} 307 - 209 = 98 \\ + \quad + \quad + \\ 147 - 33 = 114 \\ \hline 454 - 242 = 212 \end{array}$$

Missing Links

327	+	48
375	÷	3
125	-	12
113	+	400
513	-	128
385	x	2
770	÷	10
77	+	16
93	x	5
465	-	103
362	÷	2
181	x	4
724		

General Knowledge Blockword



THE PEOPLE BEHIND

people

MEN SEEKING WOMEN

Lots more to Give-Gauteng 56yrs, Lonely man, who is humorous, fun and outgoing and has lots of love to give. Looking for a kind, honest, caring woman who likes to have fun and enjoys happy times to share companionship and friendship.ID: 1219

Professional Outdoor Guy-Gauteng 25-34 yrs, Afrikaans speaking, I am a businessman, enjoy the outdoors and being in the Bush. I'm looking for a friend of similar age and interests to share life and happiness with. Friendship first maybe love.ID: 1658

Prince Charming-Gauteng, 45-60 yrs Employed, financially independent loves entertaining, gardening and going out with friends. Sincere and loving man. Seeking a special partner to love. ID: 1005

The simple Life-Gauteng 35-44yrs, African man, educated, hard-working, reliable, honest, kind and loving. Non-smoker and drinker. Enjoy staying in and watching TV. Looking for a kind hearted lady to share life and happiness together.ID: 2729

Lets share the good times-Gauteng, 60+, Active and Fun. financially Independent. Like to eat out and spend quiet time at home. Full time lecturer at Germiston Tech. Love to meet a lady friend 45-60yrs for companionship and to share fun times.ID: 1963

Outdoor Life and Love:-60+ Living in Gauteng, Love the outdoor life, camping, eating out and socialising. I'm a smoker, non-drinker, and live a healthy lifestyle. Looking for a companion and soul mate with similar interests to enjoy fun times. ID: 1119

Looking for Love-Gauteng, 25-34yrs, African man. Honest and hard working and caring. Like to spend time with family and friends and going out. Seeking a special, honest, kind lady 35-44yrs for friendship and to share some happy times.ID: 2529

Accept me for who I am:- 25-34 yrs. Afrikaans, Gauteng looking for someone who will accept me for who I am. Fun and outgoing, looking for companionship and maybe love. If this sounds like you, please leave a message. ID: 1080

Kind and Caring Man-Mpumalanga 25-34yrs. Kind, sensitive, caring man. Employed and financially independent. Like to watch movies, read newspapers. Love to meet a lady who who will love me and take care of me, as much as I will care for you. ID: 1218

Clean Living Man-Gauteng 50yrs Professional man, honest, sincere, outgoing and friendly. Non-drinker or smoker. Like to eat out and go to movies. Seeking a caring, loving lady 45-60 yrs to share friendship, companionship and maybe more.ID: 2550

Independent Man-Mpumalanga 35-44yrs. Self employed, financially stable. Tall, dark in colour, Enjoy going out and being social, also enjoy quite nights in. Looking for an honest, stable lady for friendship and to have some fun together. ID: 1146

Christian Friendship and Love-Eastern Cape, 45 yrs. African man, Church goer, I enjoy going out and meeting new people and spending time with family and friends. Seeking a special lady who is professional and employed for companionship and love.ID: 3741

Let me care for You-Gauteng 18-24 yrs, African man, medium build, outgoing friendly and fun person. Enjoy meeting new people and love to cook. Looking for a special lady who is honest, sincere and loyal 18-24yrs who would like to be loved.ID: 2623

WOMEN SEEKING MEN

Lest have some fun together-Gauteng, 60+. Love life and try to enjoy every day. Life is here to be lived. Love to be social and meet new friends. Looking for a man 45-60 yrs for friendship and Fun. Race is not an issue, lets just have some fun.ID: 1562

Lets be friends first-Gauteng, 49 yrs, African lady. Friendly, outgoing and soft hearted. Like to spend time with family and friends and be sociable. Looking for a sincere, honest, caring man 45-60yrs who is fun to be around for friendship.ID: 1904

The simple things in Life-Gauteng 25-34 yrs. African lady, little shy, love life, especially the simple things that bring joy and happiness. I'm not an outdoors type of person. Seeking a man 35-44yrs to share the simple things in life with.ID: 2232

Christian Dancer-Gauteng 25-34 yrs, Afrikaans speaking, Christian with a passion for life. Enjoy spending time with family and friends, love ballroom and Latin dancing, looking for a kind Christian man who respects woman and loves life.ID: 1490

Foxy Lady-Gauteng 25-34yrs Single lady, outgoing, fun, sexy and foxy. Great sense of humour. Like to go out, have fun and live life to the max. Seeking an energetic man 35-44 yrs. Someone who like to have fun. Give me a call. ID: 3124

Honest and Stable-Free State 29 yrs Single lady, no children, employed and financially independent. Enjoy going out and sociable and meeting new people. I value loyalty and honesty. Looking for a solid relationship from the right man.ID: 1244

Some time for Myself-Mpumalanga 45-60 yrs. Professional African lady, Financially independent, working full time, 2 children. Love to go out to dinner and meet new people. Seeking a man 44-50yrs to have fun with, friendship and maybe more.ID: 2746

Make me Laugh-Gauteng 45-60yrs. Single lady, out going and fun. Enjoy singing and dancing and having fun. Seeking man 45-60 for a friendship and maybe a serious relationship, someone who can make me laugh and bring some joy to life.ID: 2746

Lets get Serious-North West, 45-60 yrs. White female, widowed. Very creative, love designing and making things with my hands. Enjoy the outdoors and being in the bush. Looking for a special man 45-60 yrs for a serious relationship. ID: 2487

Christian Friendship and Love-North West, 45-60 yrs, Afrikaans speaking lady, Teacher, Christian values, honest, love being outdoors and nature, and love to travel to new places Seeking a kind man with Christian values and similar interests 45-60ID: 2568

Lets make some Memories-Gauteng 28 yrs, African lady, single Mom, I enjoy socialising and going out with friends. Looking for a kind hearted man 25-34yrs with great sense of humour to share these interests, fun times and make happy memories.ID: 1974

Lets see where it goes-Gauteng, 25-34 yrs, African lady, God fearing, regular church goer. Enjoy going out with friends and to the movies. Looking for an honest, Christian man, for friendship to begin with and let's see where it takes us.ID: 2075

Lots more to Give-Gauteng 45-60 yrs. Kind, gentle hard working lady. Like to spend time with family and friends and going out and being social. Looking for a special person to love and take care of me. If you are a caring, loving man get in touch. ID: 1186

Lots of Love to Give-Gauteng 25-34, White English speaking lady. Kind, loving and sincere person. Enjoys time out with friends or a quiet night in. Looking for a kind, loving man 25-34yrs to share some friendship and happy times together.ID: 2624

Professional Lady-Gauteng 44 yrs, Single Afrikaans speaking professional lady from Pretoria. 1 child. Travel a lot. Like to eat out. Seeking an Afrikaans speaking professional man 45-60 yrs for friendship, companionship and maybe more.ID: 2474

Professional and Fun-Gauteng 18-24 yrs. White female, fun, outgoing and full of life. Like to be sociable and make new friends. Studying to be a Chartered Accountant. Seeking a special man 25-34yrs who is outgoing, fun and full of life.ID: 2257

Fun and Happy-KZN 35-44 yrs. Confident, happy, Independent lady. Have a great sense of humour and enjoy life. I'm looking for a man who is fun to be around and knows how to enjoy life. If this sounds like you please get in touch. ID: 1274

MEN SEEKING MEN

Maybe Love will Grow-Northern Cape (Kimberly) 45-60 yrs. African lady, employed, I'm tall and attractive, fit and active. Lots of fun to be around. Seeking a special man, any race, who is a Christian and disciplined, should be employed.ID: 3343

Lots more Life to be Lived-Gauteng, 60+ Fun, active and energetic man. Love to go out and be sociable. Enjoy going out to dinner and movies. Looking for a happy, kind hearted man 60+ for fun, friendship and to share some happy times together. ID: 1383

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Mponeng Carletonville Mapule a Mother of three wife of Jabulani Pule.

A mine worker for 22yrs one day was watching TV African and lucky enough I saw Dr Alisha. She was demonstrating and showing people how to use special and wonderful medicine I thought it was a dream, I couldnt wait, I called Pule my husband to witness as people started calling while making testimonies. **Welkom Free State VAN WYK** hahaha it was my first time using African herbs. I was nervous, mama I thank you for giving me chuppa dream powder. I hit the jackpot winning 6.5 million, it changed my life. **Kabelo James from Botswana (Molepolole)** my animals were dying day by day not knowing the cause, but since u sent me swagga din sticks via mail. My farm came back to life and I started exporting beef once again thank you. I am ready to come and pay, I saw the change. **Giyani Limpopo Andrew Mukwevo** 56yrs a truck driver for 18 years. I am glad to talk to people who saved my marriage. I always had a back and chest pain then started losing my manhood. But mama gave me mwaga mwaga powder oil which helped with all my manhood problems. **Durban Queensburg Abdul Zahid** being a religious man I couldnt use African herbs so mama gave me Bambura Hill water to save my retail shop. Which has now turned into a wholesale shop. Plus the Holy Prayers (DUAS) that keep me and my family safe and protected. **Zimbabwe Mutare Lucky Ndlovu** I came to South Africa in 1998 after losing my wife and kids due to politics. Struggling in the streets of Joburg I was nicknamed "hopeless Lucky". But hope was found when I met mama and I am now owning a security company and noww they call me Mlungu from Zim. **Mozambique Beira Manito** I am happy for being part of the testimony. I am no longer blacklisted, I won the court case after using wujuzi sticks. My wife uses vumbula powder to give my brother luck with his court case.

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The clothing of Molemo's dolls represent the Zulu, Xhosa, Ndebele, Pedi and Tsonga cultures



'When the dolls were first moulded, I had to ensure that little details like our thick thighs, fat lips and big hips were visible in every doll.'

In a time when beauty and fashion seem to favour gaunt, transparent and genderless looks, Molemo Kgomo, 44, is on a crusade to celebrate the more realistic African ideal. She's created and marketed a line of black dolls known as Ntombentle, which are receiving acclaim and causing debate both here at home and abroad.

Born and raised at Natalspruit, Molemo's beginnings were humble. "Like many other children in my community. I had a very good support system. I will forever be thankful to my mother for instilling the right values in my life. As a black young girl I never had any inferiority complex about my skin colour or my hair texture."

It was in 2003 when she went shopping for a doll for her firstborn child, Lebogile, when something struck her. "I realised that there were no black dolls on sale that realistically represented African women. I wanted to find one for my daughter to be able to identify with," she says. "My mother travels a lot overseas, and she brought back a

Real Life Changing Africa's Identity

One Doll At A Time

WHEN she found a surprising lack of black dolls for her child to play with, this South African woman took matters into her own hands, achieving international success.

black doll from Germany, but I still wasn't satisfied with it."

That's when Molemo got the inspiration to create her own line of toys. "I thought to myself that I should take charge and show our nation as well as others what it really

means to be African. When my dolls were first moulded, I had to ensure that little details like our thick thighs, fat lips and big hips were visible in every doll because as Africans that is our true reflection. It's time the young generation learns to live and love who they are."

Molemo's dolls emphasise cultural differences between women, whilst at the same time celebrating the very essence of what it means to be African. She opted to dress the dolls in traditional regalia, representing the Zulu, Xhosa, Ndebele, Pedi and Tsonga people. She is currently in the process of including other races like the Indian ethnic group.

Once the range had been developed though, the road to market wasn't as obstacle-free as Molemo anticipated.

"When I first started approaching different retailers to sell my dolls, a number of store owners told me that black dolls would never sell. After months of unsuccessful negotiations, I considered abandoning the whole idea and just donating the dolls to different crèches and charities in disadvantaged communities."

Luckily, however, Molemo held on a little longer, and fate eventually knocked on her door.

"With the help of my husband, I started travelling the world and tried to find markets for my dolls. It was April 18, 2015, when Ntombentles were advertised on Facebook, that my world changed..."



Ntombentle dolls are teaching African girls to love their natural beauty

The dolls have since become a worldwide success. "Clients in the US, Australia, France and the UK are raving about the Ntombentle. As Africans we are being respected for who we are because of these dolls. I have just returned from London where I attended a dolls expo. We were the last to pack up from our stand because the Ntombentles were in such demand. We even had to leave some stock with a friend for those who wanted more dolls. This experience was amazing."

Molemo says her aim in creating the doll was to teach children not to look at Barbie as the image of perfect beauty, but to instead celebrate their natural beauty.

"The birth of Ntombentle has taught me so much about being a true African woman. My duty is to keep preaching the gospel of self love, self respect and self awareness to the next generation, and I believe the Ntombentle dolls are doing just that." The dolls are available online at, www.ntombentle.co.za



Molemo with an eager customer



Ntombentle is gaining wide media attention



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ARIES: Mar 21 – Apr 20

Your Week: You are now feeling the force of destiny as change takes shape in your life – and you may anticipate it having a far-reaching implication. Your enhanced intuitive power guides your efforts and reactions, and will reward your exertions.

Taken: Be a more innovative lover if you want your romance to be an adventure.

Single: You will soon enough reap the benefits of a positive and happy outlook.

Power Days: Monday & Tuesday (setting new goals)

Lucky Numbers: 4, 7, 8, 12, 16, 22

LEO: Jul 24 – Aug 23

Your Week: Conduct a careful self-examination with a view to eradicating your faults and capitalising on your good qualities. You have fine potential but must utilise your time and energy more intelligently in order to bring it into full bloom.

Taken: Plans for the future should now be discussed if you are happily in love.

Single: Romantic hopes can be fulfilled. Life is exciting if you are heart-free.

Power Days: Monday & Tuesday (self-expression)

Lucky Numbers: 6, 8, 14, 25, 33, 44

TAURUS: Apr 21 – May 20

Your Week: Take note of whatever is working well in the lives of successful people. They are your role models and you must adopt their ideas and methods if you intend becoming similarly affluent and distinguished. Borrow and adapt as necessary.

Taken: You should now be sharing a rich and deep love with your one-and-only.

Single: Enjoy pleasant socialising. You will meet some very interesting people.

Power Days: Tuesday & Wednesday (business matters)

Lucky Numbers: 1, 6, 11, 14, 19, 23

VIRGO: Aug 24 – Sep 22

Your Week: Act swiftly to take advantage of this potentially money-spinning session. By increasing your cash flow, you will manage to gain extra personal security in addition to having the means with which to afford and to partake of pleasures.

Taken: Invest faith in your mate. It is up to you to create a loving atmosphere.

Single: Your success in relating depends on how strongly you show your feelings.

Power Days: Tuesday & Wednesday (financial aims)

Lucky Numbers: 2, 14, 24, 29, 35, 48

GEMINI: May 21 – Jun 21

Your Week: This should be a get-ahead period in which your enthusiasm and vitality move into the upswing, so you simply must have a proper plan of action in order to make your name and fortune. You can forge some good friendships with people who wield influence.

Taken: A heart-to-heart with your mate ought to sort out any differences.

Single: Soaring self-confidence and extra energy serves to boost your prospects.

Power Days: Monday & Tuesday (social interests)

Lucky Numbers: 3, 7, 10, 15, 20, 22

LIBRA: Sep 23 – Oct 22

Your Week: Mentally alert and also more resourceful, you could make fine headway by taking matters into your own hands. This is probably a favourable period for experimenting with fresh ideas and methods. Your life will be more interesting.

Taken: Your relationship improves. Enjoy peace of mind and freedom from worry.

Single: Let your outlook be positive and happy. You can succeed in finding love.

Power Days: Monday & Tuesday (vital discussions)

Lucky Numbers: 1, 9, 17, 20, 38, 40

CANCER: Jun 22 – Jul 23

Your Week: Your intuitive powers are now well-enhanced so you will attain a deeper understanding of personal and intensely sensitive issues. This is also a decidedly useful period for advancing those aims and causes that are dear to your heart.

Taken: Let common sense prevail in love. Do nothing to unsettle your twosome.

Single: You will be admired and appreciated if you are positive and outgoing.

Power Days: Tuesday & Wednesday (personal issues)

Lucky Numbers: 8, 12, 22, 23, 42, 47

SCORPIO: Oct 23 – Nov 22

Your Week: Since there is a very favourable focus on home life, you can confidently set about putting important family matters in good order. Demonstrate your generosity and consideration by pampering your loved ones with extra-special treats.

Taken: Learning from past mistakes will enable you to become a better partner.

Single: Relating is sure to please you. You will feel happy about developments.

Power Days: Tuesday & Wednesday (family arrangements)

Lucky Numbers: 9, 17, 22, 26, 38, 49

CAPRICORN: Dec 22 – Jan 20

Your Week: This is a time to really enjoy the precious gifts of health and strength if you are an active sort. You can produce impressive work or excel in your sport while your physical wellspring is augmented by increasing mental and emotional fortitude.

Taken: Make the most of a great round for putting your love life in good order.

Single: Someone adores you and is sending you a message that is loud and clear.

Power Days: Tuesday & Wednesday (special projects)

Lucky Numbers: 3, 13, 17, 25, 35, 49

SAGITTARIUS: Nov 23 – Dec 21

Your Week: Bear in mind that you have to keep going in order to get anywhere in life. Your chief assets at this time appear to be your imagination and your energy, so be sure to blend them together in a manner that guarantees fresh conquests.

Taken: Show greater affection and be more caring if you want to be well-loved.

Single: This could be a highly pleasurable period because romance is in the air.

Power Days: Monday & Tuesday (artistic goals)

Lucky Numbers: 8, 12, 15, 26, 31, 44

AQUARIUS: Jan 21 – Feb 19

Your Week: Make a point of keeping on good terms with people who are positioned to boost your aims. This is yet again a session in which you can derive more gain from who, rather than what, you know. Give extra attention to those who can help you.

Taken: You and your partner now get along well. Make new plans for the future.

Single: Your powerful yearning for affection and adoration could be fulfilled.

Power Days: Monday & Tuesday (collaboration)

Lucky Numbers: 4, 18, 24, 25, 37, 42

PISCES: Feb 20 – Mar 20

Your Week: You must attain a balance between work and relaxation for the sake of your wellbeing and security. Work delivers the wages that buy the necessities of life yet it is also vital to have tranquil and idle moments for self-rejuvenation.

Taken: You will enjoy romance at this time. Togetherness is largely fulfilling.

Single: This round enlivens your social life. A new romance seems possible.

Power Days: Tuesday & Wednesday (fresh thinking)

Lucky Numbers: 1, 14, 21, 27, 37, 45

ASTRO PROFILE

WHAT THE STARS SAY ABOUT...

MILA KUNIS (Leo: August 14, 1983)

MILENA MARKOVNA 'MILA' KUNIS is an American actress who was born in

Ukraine to a Jewish family with whom she moved to Los Angeles, USA, at the age of seven. Mila learnt to speak English by watching the TV show *The Price Is Right*, where the host spoke clearly and slowly. She later took after-school acting classes and was cast in children's programmes and commercials, and went on to find fame starring in *That '70s Show*. Mila has the Sun and Mars in Leo with Sagittarius Rising (and hosting Jupiter and Uranus) so she was born to be dramatic and adventurous. With the Moon in Scorpio, she underscores her aspirations with an intense passion to succeed. Mercury and Venus in Virgo show that she is an idealist and a perfectionist with regard to life and love. Saturn in Libra makes her thoughtful and tactful in relating to others.



Wicked Audio Bandit

Gammatek

BANDIT is a snazzy, sassy in-ear bud with a built-in mic. It features cushions in three different sizes to accommodate different sized ear-holes, and also features Wicked Audio's superior noise isolation technology.

R169



CHECK out which cool gadgets made our hotlist for the week.

Sphero Chariot iStore

ADD a new level of creativity to your Sphero with the Sphero Chariot, which lets you carry cargo. You're also guaranteed to have fun with its custom carrier by adding your iPhone – which turns it into a spy-bot!

R399



PIXMA MG3640 Canon

THE PIXMA MG3640 is an all-in-one ink-jet printer, a multifunction piece of equipment designed to handle a wide range of wireless scanning, copying and printing tasks with ease. It's great for home use!

R899



R2 299



Justin Bieber

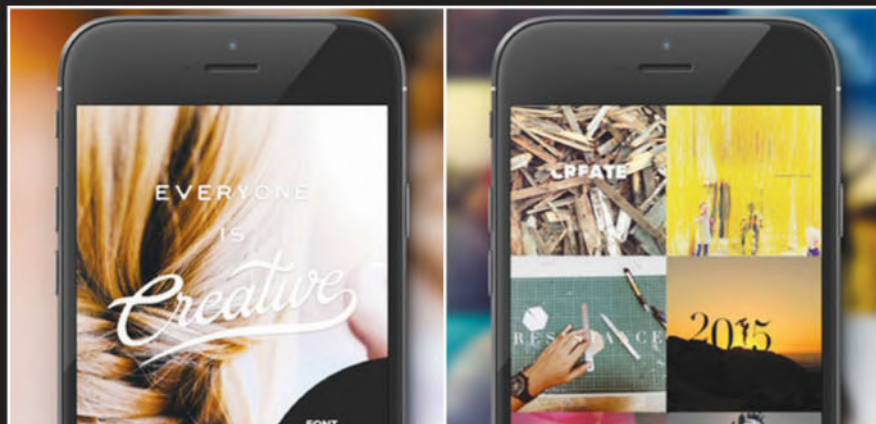
MINI Me Limited Edition NESCAFÉ Dolce Gusto

NESCAFÉ Dolce Gusto and MINI have paired up to produce a modern icon of contemporary coffee that epitomises innovation, creativity and quality. The design and performance elements of both brands results in an automatic machine that oozes style with unprecedented performance and delivers café quality coffee in just under 30 seconds.

Apps We Love

Over: R54.99, iTunes

ADD text and artwork to your photos with Over, an app which features standard and custom-made fonts and artwork, to make your photos fun with a touch of creativity. Once you're done, share your pics with your friends!



ISTORE: WWW.MYISTORE.CO.ZA CANON: WWW.CANON.CO.ZA GAMMATEK: WWW.GAMMATEK.CO.ZA



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* Prices checked at time of going to print are subject to change.

www.peoplemagazine.co.za **PEOPLE 85**



Gabby with her mom, Maz

GABBY BOADY, seven, from Deptford, South-East London, suffered horrific burns to her body after playing with a candle that set her clothes on fire. Doctors said it was a miracle she survived the third-degree burns, which start from the knees up.

Gabby underwent 20 gruelling operations in a desperate bid by surgeons to save her life, and thankfully, they were a success. The incredible youngster has since taken the life-changing ordeal in her stride and constantly has a smile on her face.

Her mother, Maz Bozumbil, 27, is now raising awareness to try to change attitudes towards burn victims.

Maz, a teacher, says, "Seeing my girl for the first time after the accident was heart-breaking; her burns were horrific. She was in agony and I felt helpless as doctors did their best to save her life and minimise the scarring. But despite Gabby's looking completely different to before, she was still the same cheeky, happy girl."

Maz says there are hard times, though. "I get frustrated when strangers stare, point and ask questions in the street. Gabby might have a few scars but she is equally as beautiful on the inside and out."

Dealing with other children's reactions is also not easy, according to Maz. "Kids don't really understand, and it's still upsetting when Gabby tells me they've said her face is disgusting or asked if her scars are face paint," she says, adding, "I'm so proud of her, she's been through so much in the past few months but it hasn't stopped her smiling. Last month she quite happily wore a swimming costume on the beach and just ignored the comments and stares."

"I still wake up some days and think it was all just a terrible nightmare, but my girl always picks me back up again and never ceases to amaze me with her bravery and strength."

Her scarring aside, Gabby has defied all doctors' expectations

and has been recovering extremely well. Her family know they have a long road ahead of them though,

Courage Under Fire

MEET the inspiring little girl who survived a fire and has chosen to show strangers she's still beautiful.



Gabby shows that her beauty hasn't changed a bit

with Gabby needing reconstructive surgery every year. Maz says, "Every time Gabby grows, her skin will have to be cut and released, as many of her burns are over joints, which would prevent growth. Her burns were so severe that in the first 48 hours doctors didn't think she would survive, and then she spent two months in intensive care."

The treatment is ongoing. "We now have to apply cream to her burns at least six times a day and she has to wear pressure garments 23 hours a day to help flatten the scarring." Gabby had been playing at her grandmother's house when the accident happened. "She had been alone upstairs and there was a lit candle left unattended. She's always been inquisitive, so she must have gone over and picked it up."

Within seconds she'd set herself on fire; her clothes just went up in flames. "She ran into her uncles' room screaming as they tried to put the fire out, but the damage had already been done," recalls her mother. Maz is now trying to raise awareness to prevent similar tragedies from happening.

"Thankfully Gabby's personality hasn't changed, despite everything she's been through she's still exactly the same," says the brave little girl's mom.

"I want to raise awareness to warn other parents that taking simple precautions can really make the difference. We've met some really incredible people along our journey and it's so sad that so many avoidable accidents are still happening. Your children can go from perfectly healthy to needing to visit hospital for the rest of their lives. I can't thank the doctors and surgeons who have helped Gabby; they really have been incredible. Even the paramedics who saved her life on the day have kept

in touch and have promised Gabby a helicopter ride." Despite some of the nasty comments, Mazz says the generosity and kindness from others has been overwhelming. Alison Twedde, operations manager for the Children's Burns Trust in the UK, says, "Sadly these incidents are all too frequent, and in an instant several lives are changed forever, not just for the child who has been burnt but for their family as well."

Nearly 7 000 children were admitted to the UK's NHS Specialist Burns Services last year – over 5 000 of these were under the age of five.

"Accidents happen in a second. A flame catches the child's clothing, a toddler grabs for a hot cup of tea or coffee; even the water coming from your tap can severely scald a child. Fast and effective first aid can help reduce the impact of burn injuries. We recommend 'stop, drop, roll' when clothing catches fire, and 'cool, call, cover' – in all cases," says Alison.

"Gabby's courage, not only in her everyday life but also in raising awareness of the danger of candles, is absolutely inspirational. All of us at CBT send our thanks and very best wishes for your ongoing treatment – you are a very brave little girl!"



Gabby suffered third degree burns from her knees up



Verdict

BY WALTON GOLIGHTLY

THE KILLER IN THE BED

THREE'S a crowd – one's a killer.

THREESOMES are always a recipe for disaster, especially when booze and drugs are involved. So it was with Attila Ban, 32, Tibor Vass, 20 and Alice Adams, 20, who were employed at a four-star hotel near Heathrow Airport.

Hungarian-born Ban was working hard to build a career in the hospitality industry. Alice was interested in studying music and had taken a job as a receptionist to help her mother financially. Vass had moved to the UK after failing to get into university in Hungary.

Openly gay, Ban fell for Vass, but the latter didn't seem to appreciate all that Ban could do for him. He enjoyed hanging out with Ban but he also enjoyed dating women. Needless to say, this didn't go down well with Ban, who was regarded as one of the establishment's top employees. He could take Vass with him and ensure his rise up the career ladder was smooth – could the bimbos his fellow Hungarian insisted on flattering do the same?

Then Ban hit upon a plan: Putting Vass in a position where he could keep a closer eye on the younger man. It took some talking, but he finally persuaded his bosses into letting him have one of the sought-after hotel flats reserved for employees. However, instead of being impressed by what this said about Ban's status, Vass had his own surprise: He was returning to Hungary.

Ban swallowed his disappointment and arranged a bon voyage party. Other staff members came along and Ban and the gang took the well-known sexual stimulant and muscle relaxant amyl nitrate, also known as 'poppers'. Then Ban, Vass and Alice were left alone. They all lay on a double bed and both men took it in turns to perform sex acts on Alice.

Police believe Ban exploded in a murderous rage when he realised Tibor was more interested in Alice than him. In a frenzied attack, he knifed both Tibor and Alice.

The alarm was not raised until around 15h00 the next day when all three failed to show up to work. Police forced their way into the apartment and were confronted by a bloodbath. Ban was nowhere to be found and it was initially believed he had cleaned himself up in another hotel room and fled. The truth was even more bizarre.

He had never left the room. Using a craft knife, he had hollowed out a divan bed and climbed inside with two bottles of water and his cellphone and had hid there while the police searched the flat. He had even updated his Facebook status while hiding, covered in blood. He emerged after two days, claiming to remember nothing about the murders. He then tried to claim he had suddenly been struck dumb and communicated only in sign language. He was jailed for life, and was ordered to serve at least 26 years behind bars.



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PEOPLE 87

Scammed By His Friend

THIS young reader recalls the community-rocking scandal of how someone was scammed out of R188 000.

“CRIME is no stranger to Soweto, unfortunately, but the details of this particular crime left the residents of White City, Jabavu, reeling in shock. Accounts recently arose of an alleged scamming and fraud incident involving two young residents, who were considered friends in the community, and an amount of around R188 000.

It was a shocking revelation to 21-year-old Simphiwe Buthelezi*, when he learned that he had fallen victim to a scam, allegedly involving 33-year-old Sibusiso Ntsele*, whom he once considered a friend. The two lived in the same area too, and saw each other regularly. Back in July 2008, at the tender age of 14, Simphiwe was involved in a car accident, which landed him in hospital. This unfortunate event left Simphiwe and his family in distress. With no money coming in and not having wealthy relatives, Simphiwe was forced to apply for government compensation through the Road Accident Fund. Eventually, in October 2014, the fund paid Simphiwe a total of R80 000, and found further compensation from the government because he was an orphan and had been adopted.

With a total of R188 000 in his account, Simphiwe was determined to make good use of the money. He decided to buy a bakkie to start up his own business and to bring in income for his family. Simphiwe was not sure about the procedures involved in buying a vehicle, so he sought advice from a friend, Sibusiso. According to Simphiwe, Sibusiso advised him to buy a Quantum [taxi] instead of a bakkie, as it would yield a greater income. Sibusiso said that he would help him get one, but on condition that Simphiwe not tell anyone about their agreement.

Simphiwe agreed. Sibusiso then asked Simphiwe for an upfront deposit for the promised vehicle of R17 000. Trusting his friend, Simphiwe handed him the money in cash. One week later Sibusiso came back and asked for a further R14 000, claiming it was for insurance. He then promised

Simphiwe that he was going to receive his taxi sometime in January 2015.

On May 3, 2015, Simphiwe approached Sibusiso, asking him about their agreement. “He told me that the person that was supposed to give us the taxi had died, and that he will speak to his sister to find out more; he said he would get back to me with all the details,” said Simphiwe. A week later, Simphiwe approached Sibusiso again, and confronted him. “He wanted to start a fight, I argued with him. He then told me that I would get my money when he has it, and his girlfriend Siyanda* promised to pay me, because she was working,” Simphiwe said. Given his mental and health disorder (he had been left with low reasoning ability following the accident), it was certain that Simphiwe’s reasoning capacity was no match to the alleged fraudster’s, and saw him easily influenced and manipulated by Sibusiso. Things got more serious as time went by and the incident was taking its toll on Simphiwe. Another of Simphiwe’s friends, Neo Mohlabane* advised him to open a case at the police station, which he did.

It was later discovered that Sibusiso and his girlfriend had also stolen Simphiwe’s bank card, and had gone on a spree with it. Simphiwe was left with R280 to his name. A case was opened by the police, and Simphiwe was promised justice and that Sibusiso would be locked up until a trial date was set by the court. Two days later he was told that Sibusiso had been arrested and that Simphiwe needed to come to court for a hearing. When Simphiwe arrived he was told that the case has been dismissed, and that a decision had been made, without his presence. “They told me that I did not have enough evidence, therefore the case

had to be dismissed,” Simphiwe says. When the police were approached to find out more, they provided little in the way of clarification on the whole incident and claimed they were ‘too busy’ to attend to the matter, and that they did not have enough staff members to deal with their workload.

Simphiwe is now trying other angles to tackle this issue, involving state lawyers and the social workers. Investigations are still underway, but all involved are hoping for a happy outcome this time around.”

* Names have been changed

HAVE YOU SEEN THEM?

THE largest number of missing children worldwide are runaways, then family abductions, being lost or injured, and non-family abductions.



ANELE DLAMINI

Disappeared: July 1, 2015

Age: 16

Anele left home in Protea Glen and has been missing ever since.



PALESA MOFOKENG

Disappeared: June 28, 2015

Age: 17

Palesa left home in Protea Glen and has been missing ever since.



TSHEPISO KEABETSWÉ MAKHOANE

Disappeared: June 29, 2015

Age: 19

Tshepiso left home in Midrand and has been missing ever since.



SINDISIWE NDABA

Disappeared: April 30, 2015

Age: 21

Sindisiwe left home in Diepkloof and has been missing ever since.



MASABATA RAMPAL

Disappeared: June 26, 2015

Age: 22

Masabata left home in Vanderbijlpark and has been missing ever since.

HELPLINES

POWA: Telephone: (011) 642-4345/6

E-mail: info@powa.co.za

Web: www.powa.co.za

Rape Crisis (021) 447-1467

E-mail: info@rapecrisis.org.za

Web: www.rapecrisis.org.za

Lifeline (011) 715-2000 / 0800 012 322

Childline 082 233 2333 or 0800 055 555

SAPS Family Violence, Child Protection And Sexual Offences Unit (FCS) (011) 403-3413

Teddy Bear Clinic (011) 481-5161

Aids Helpline 0800 012 322, or (011) 880-0405

Web: www.aidsinfo.co.za

Anorexia and Bulimia Family Support Group (011) 640-1965

Web: www.edsupport.co.za

Cancercare Centre (011) 646-5628

SA Depression & Anxiety Support Group (SADAG)

(011) 783-1474 or (011) 884-1797

Alcoholics Anonymous South Africa (011) 452-9907

SANCA (011) 482-1070

Gamblers Anonymous 0800 006 008

If you think you’ve seen any of these people, or would like to report a missing person, contact the Bureau For Missing People on (012) 393-2005, or fax (012) 393-2012. Missing people can contact the bureau to let them know they’re alive and well – even if they don’t want to get in touch with family.

IN South Africa alone, almost 1 000 children are reported missing every year. The actual figure is probably much higher. Currently the police have an 82 percent success rate finding the children. Ideally they’d like to achieve a 100 percent success rate. But they need your help! Have you seen any of these people?

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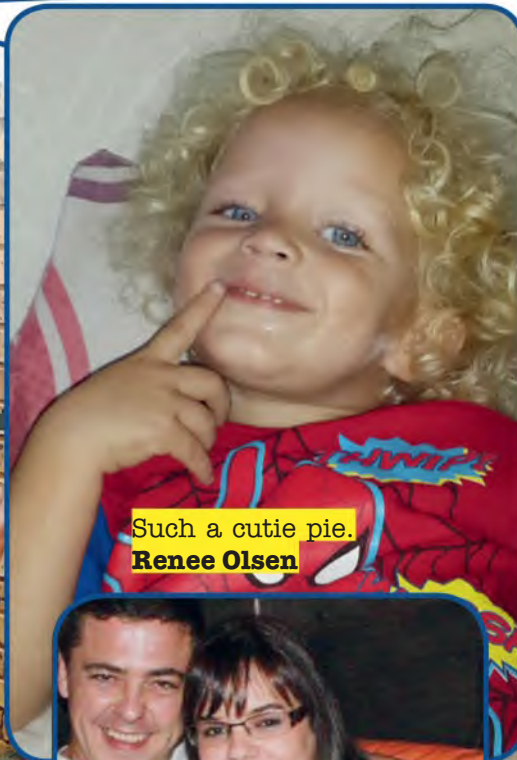


Dear people

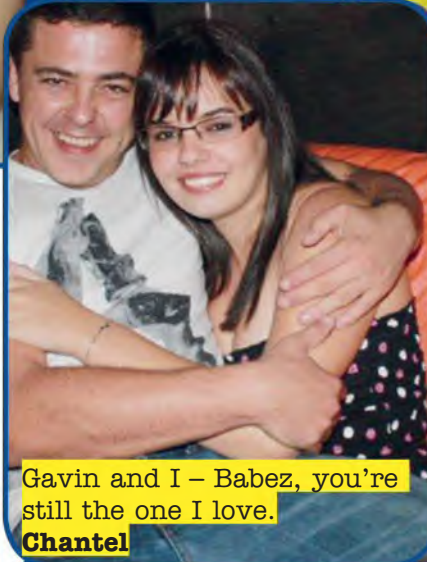
Hi everybody! Send only one pic to dearpeople@caxton.co.za with your name and a caption, and put the photo category in the subject line. If your pic doesn't appear on our Dear **people** page, go to the Dear **people** gallery on our website (www.peoplemagazine.co.za) where you can upload your own photos!



The two men in my life whom I love with all my heart: Matie and Jeandre du Plessis.
Bernice Brand



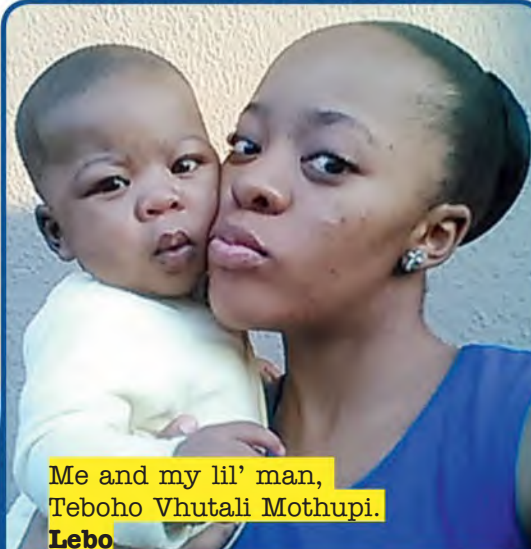
Such a cutie pie.
Renee Olsen



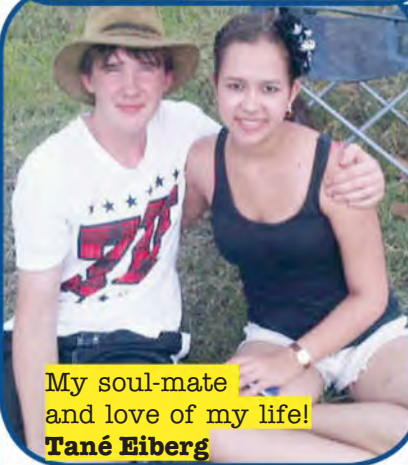
Gavin and I – Babez, you're still the one I love.
Chantel



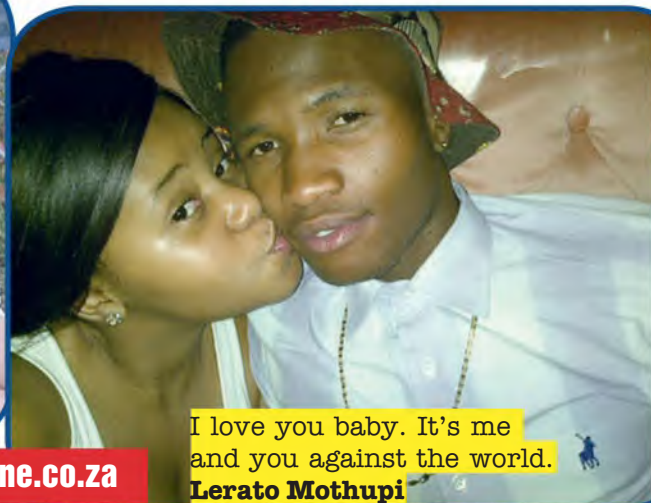
This is my gorgeous little grandchild, Amber – full of energy and laughter.
June Kukard



Me and my lil' man, Teboho Vhutali Mothupi.
Lebo

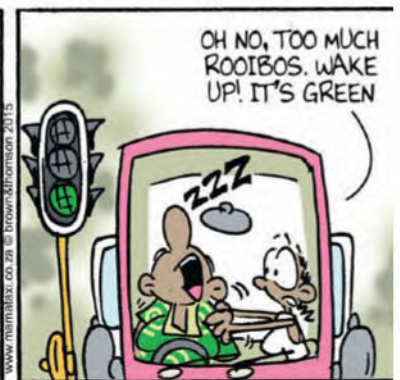


My soul-mate and love of my life!
Tané Eiberg



I love you baby. It's me and you against the world.
Lerato Mothupi

See more pictures, or upload your own on www.peoplemagazine.co.za



The Fact Is

BY WARREN ROBERTSON

INTERESTING facts about the world we live in.

* STATISTICALLY speaking, men have a 50 percent chance of being bald by the time they're 50 years old.

* AROUND 150-200 species become extinct every day.

* RESEARCH has found that playing *Tetris* eases the effects of post-traumatic stress disorder.

* LGBT people have less depression and better self-esteem as young adults if they were open about their sexual orientation as teens.

* NOWHERE in the Bible does it say that Satan rules Hell.

* SIGMUND FREUD recommended cocaine as treatment for alcoholism, morphine addiction, and depression.

* NORTH KOREA is the only country that has been caught cheating at the International Mathematical Olympiad — twice.

* THE flag erected on the Moon during the historic Apollo 11 landing was purchased at a local Sears store for \$5.50.

* ANYWHERE between five to 15 percent of the bombs dropped in Europe and Asia during WWII never exploded and are still hidden where they fell.

* SNOW WHITE, Donald Duck, and Winnie the Pooh all have stars on the Hollywood Walk of Fame.

* MICHAEL BAY shot over 300 000 metres of film for the movie *Pearl Harbor* but only used about 6 000 for the final cut.

* SEATTLE is protected by an MMA fighter that dresses as a superhero and fights crime vigilante-style under the pseudonym Phoenix Jones.

* IT'S estimated that only two percent of the world's population has green eyes.

* ONE-THIRD of first heart attacks are fatal, and another third result in permanent damage to the heart.

* FOR smokers, the risk of a heart attack is 200 to 400 percent greater than that of nonsmokers.

SOURCE: CYNTHIA VICE ACOSTA

'I Adopt

Murdered Sister's

AFTER their mother was murdered by their father, three children have found a new home with their aunt, who is trying her best to keep their mother's memory alive.



Cheryl is now 'mother' to triplets Maddox, Addison and Avery

AS Cheryl Brenneke prepared Sunday supper for her husband Robert, 57, and their nine-year-old triplets, she reminded the children to wash their hands and set the dining table.

While happy in her little family, the 49-year-old homemaker was also saddened that her 39-year-old sister Jacque Waller was not with them to partake in it. Never far from her thoughts is just how Cheryl came to adopt her sister's triplets: Addison, Avery and Maddox, the only boy.

Jacque was murdered and buried by her husband, Clay Waller, in June 2011 after she served him with divorce papers. For two years he kept the location of her body a secret to be able to negotiate a reduced prison sentence.

The 42-year-old was convicted of the murder in 2013 and is serving a 20-year prison sentence.

"The day she disappeared, I instantly knew he did something to her," says Cheryl. "No one knew where she was. It was all so horrible. I was devastated. The children



Jacque with her triplets

were terribly worried. They felt safe with us, but asked for her all the time."

Cheryl knew Jacque's marriage was on the rocks. "I never liked him," she says of Clay. "He was a fast-talker, a city-slicker with no manners who referred to Jacque as 'my little cash cow'."

As the manager of a major US health insurance company, Jacque earned a hefty salary, becoming the family's sole breadwinner. Usually unemployed, Clay was a self-described 'entrepreneur', often venturing in failed businesses.

Despite the rocky relationship, Jacque tried to keep the marriage together for the children's sake.

"They were the light of her life," says Cheryl. "She'd do anything for them. She brought them up here with us every weekend after they were born. But Clay got worse after their birth; he was jealous of them and the attention they got."



oted My

s Triplets'

On March 2011, fed-up with his threats and abusive behaviour, Jacque took her then-five-year-old triplets with her to Cheryl's house and filed for divorce.

Jacque became terrified of Clay. She refused to sit on the couch if the curtains were open in Cheryl's living room, fearing that Clay could shoot her from the nearby woods.

But in the end, he agreed to a divorce. The weekend before visiting her lawyer, he casually asked if there was another man in her life. "Yes, I'm seeing someone," she answered.

A year before, Jacque had run into Richard Hunt, an old high school sweetheart, and it was instant romance. "I've never known love like this," she once told Cheryl. Clay was livid. He'd vowed that his children would never call another man 'dad'. He also hatched the plan to bury her in one of the six different graves sites he'd dug.

On June 1, 2011, her last day alive, Jacque argued with Clay at her lawyer's office. When Jacque left the office, she told her sister that she was picking up Maddox at Clay's house, where she thought he'd spent the night. The boy had in fact slept at Clay's girlfriend's house.

When Jacque entered the front door, Clay grabbed her, repeatedly hit her on the head and strangled her. Then he put her body in a trash can, hauled it into a small boat he then took out to Devil's Island on the Mississippi River, and buried it.

When there was no word from Jacque, Cheryl knew something had happened to her. But all police found the following day was Jacque's laptop, on which they discovered an incriminating diary entry on March 2010: "Clay told me that I didn't deserve to live and he wishes he had a gun so he could blow my head off. He told me that the divorce would be my death sentence."

Police investigators later found a blood-stained rug in Clay's attic and blood splattered on his entry wall. DNA tests showed it was Jacque's blood.

Four months later, Clay would begin serving a five-year prison sentence after pleading guilty for threatening Cheryl on the Internet – a federal crime in the US.

In the meantime, Cheryl struggled to comfort the children for their loss.



Jacque and Cheryl in happier times



Clay murdered Cheryl after she served him with divorce papers



Clay confessed in exchange for a lighter sentence

Days after Jacque vanished, Cheryl sensed the children might have to permanently remain with her.

After the first week passed, Cheryl had lost hope. When the triplets asked for their mother, she replied, "I feel in my heart that mommy is in heaven." The triplets sobbed until their eyes swelled. For a year they slept in the master bedroom with Cheryl and Robert.

Despite the grim prospects, they held out hope for their mother's return. They learned from the Internet that their father was suspected of her disappearance, but didn't really comprehend his involvement. They went to counselling for a year and a half. Maddox suffered the most. He blamed himself for her disappearance. "If it weren't for me," he told a therapist, "Mommy would still be here because she wouldn't have had to pick me up."

Two and a half years after the murder, Clay told police where

to find the body because the prosecutor offered a lighter sentence in exchange for a full confession. Cheryl broke it to the children.

"Police found mommy," she said. "She was buried in a grave... Your daddy is the one who killed her."

"Just kill him," shouted Maddox. "If he killed mommy, just kill him."

Maddox has since mellowed and is no longer angry with Clay. Avery hopes her father stays in jail 'forever', while Addison refuses to believe that her father is a murderer.

"They fit right in with us, but I can't say there haven't been difficult moments," says Cheryl. "I try my best to keep Jacque's memory alive with pictures of her on our living room wall. I'll give them the best life possible. I may pale in comparison to their mother, but I'll do my best. I love my kids."

Mnandi News

BY JACQUI THOMPSON

SPREADING FEEL-GOOD NEWS

WANT to say thank you? Got something positive to say about someone? Has a stranger done a good deed for you? Have you received outstanding service from a place or a person? We want to know about it. No kind deed should go unacknowledged. E-mail mnandinews@gmail.com or sms the word 'Mnandi' to 48408. Keep your message to about 50 words and include your name or pseudonym and area.

THANK you to everyone who stopped to help catch the little dachshund running on the road in Bryanston. There was a guy in a white BMW and a woman in a grey Landrover. I don't know if they caught it as I was driving past and couldn't stop.

Megan Killian, Fourways

I WANT to thank all the staff at the Lighthouse Baby Shelter in Randburg. They do amazing work every single day to care for abandoned and unwanted babies. I went there to drop off baby formula and the visit changed my life. I urge everyone to consider donating to this wonderful group of people. They always need clothing for babies and children, toys for all ages, blankets, nappies and formula.

Helen Whittiker, Robin Hills

I GOT the most impressive service from Remax when I was buying a house. I can't mention anyone in particular as everyone at the Randburg office was incredible, from the receptionist to the estate agents.

T. Van Der Walt, Midrand

THANK you to the woman in the white Peugeot who always gives a packed lunch in a brown paper bag to the guy who begs in Edenvale Main Road. I leave my house at exactly 07h10 and I see her doing this.

F.I. Mudau, Linksfield

TO my boyfriend and all my friends who supported me when I was raped. It was a terrible ordeal but I won't let this destroy me. I have been overwhelmed with the love and support and flowers. Thank you. I want other women to know they can get through this. I am deeply saddened to hear how common rape is in our beautiful country and that it has happened to so many women.

Anon, KwaZulu-Natal



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Real Life

‘Half-Ton Killer’

Is Now An Inspiration

AFTER she falsely confessed to killing her two-year-old nephew in the hopes that she would receive the death sentence, Mayra Rosales realised there was more to life than food, and is now an inspiration to many.

MAYRA ROSALES was a plump child. When she was seven years old, she already weighed more than 30kg. But her almond eyes, big smile and bubbly personality made her very attractive, although she was consistently gaining weight as she grew older. Out of high school, Mayra married and the relationship flourished in spite of her weight gain. As the years went by, she ate to her heart's content – at least seven flour tortillas, eggs, rice, black beans, sauces and soda for breakfast – until she was so huge, she was no longer able to get out of bed. She also developed a thyroid condition.

“I was alive, but not living life,” she says. Sometimes, she contemplated suicide.

By 2008, weighing in at 470kg, the 27-year-old was considered one of the fattest woman in the world by the *Guinness Book Of Records*.

Unable to walk, leave her bedroom in La Joya, Texas, or even bath in a shower or bathtub, she lived a simple sheltered life babysitting for her three nieces and nephews. For five years, she only saw her husband Bernie and close family members.

Living with 20-year-old sister Jaime Lee Rosales, and her children, Mayra silently witnessed her sister beat her two-year-old nephew, but never really protested.

“I was more of a mother than Jaimie,” says Mayra.

“Whenever she wanted to go out or go shopping, she didn't take the kids. She would always leave them at home with me.”

In March 2008, when her sister was rushing to leave the house, Mayra heard two-year-old Eliseo Jr scream in pain like never before. Her sister was beating him over

Mayra has shed all the dead weight from her past



At 470kg, Mayra was dubbed 'The Half-Ton Killer'



Mayra hoped she would receive the death penalty

testified her version of events. She said that her sister was in a hurry that morning and got frustrated when Eliseo refused to eat.

"He was diagnosed with Attention Deficit Disorder (ADD), and I think maybe it was too much for her and she just



Little Eliseo was two when his mother beat him to death

the head, arms and legs with a hairbrush.

By the time emergency medical technicians arrived, it was too late. The boy died at the hospital and Mayra took the blame. She falsely confessed that she accidentally rolled over him, crushing his little body under her enormous weight.

Shockingly, she welcomed a death sentence if convicted.

"I tried to protect my sister. I was already dying so I didn't think I was doing anything wrong," Mayra says. "I was already giving up on life and the way I saw it, when they began saying I was going to get capital murder charges, I really saw it like they were doing me a favour."

Her 2008 arrest and 2011 trial turned into a media frenzy, in large part because of Mayra's obesity. Authorities had to knock down the wall of her house to remove her from her bedroom. She was taken to the hospital in a truck, not an ambulance.

The press dubbed her 'The Half-Ton Killer'.

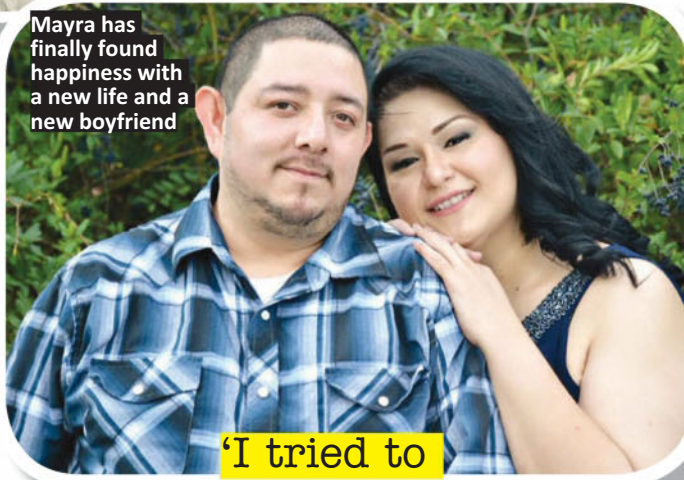
"I used to take up a whole king-size bed," she admits. "I couldn't even stand up on my feet. My legs couldn't hold my weight."

For months, Mayra proclaimed her guilt, but even prosecutors began to doubt her plea when autopsy results showed that Eliseo Jr had suffered injuries on the head not consistent with being smothered.

Defence lawyer Sergio Valdez argued in court that Mayra was too fat to move her body in such a way. "It would have required her to swing her arm to strike the child on the head, but she could never move her arm in that manner," he told the court. He convinced her to tell the truth.

Sitting on a king-sized bed in open court, Mayra

Mayra has finally found happiness with a new life and a new boyfriend



'I tried to protect my sister. I was already dying so I didn't think I was doing anything wrong.'

Jamie Lee left the house, never realising that her son's injuries were fatal.

"When she was gone, later in the day he began crying – a different cry," Mayra said. "Then I turned on the light and I saw he had a little bump on his head. He began having breathing problems. I phoned the ambulance then spoke to [Jamie] from the hospital. That was my great mistake."

Jamie Lee begged her sister to take the blame for the boy's death so authorities wouldn't take away her other two children. Then, she fled to Mexico. Gone for more than two years while her sister faced murder charges, Jamie returned only when Mayra revealed the truth

wanted him to eat his breakfast," Mayra testified. "He didn't want to eat so she began hitting him with a hair brush. Afterwards, she got his Winnie the Pooh blanket, covered him up and put him down to sleep. Then she went out, leaving me with the children."

in open court. Jamie Lee pleaded guilty to murder, was sentenced to 15 years in jail and is eligible for parole in 2025.

Mayra said she forgives her sister, even if she is a child abuser. "Maybe it seems wrong, but I love her. She's still my sister and I love her," she explains. Fighting back tears when she talks about Jaime Lee in prison, Mayra says, "She's my sister and it hurts to know that she's there."

Ironically, Mayra's arrest inspired her own healing, because it was then that she sought to have a normal life again and lose weight.

"Before, I wanted to die. I tried to lose weight before, knocked on lots of doors, but no one listened. Not until the trial," she says. Upon her release from custody, she went to an obesity doctor and lost 45kg in 10 days.

"It was amazing," she said. "I had hope again."

Dr Younan Nowzaradan monitored her weight-loss regimen – a strict diet, daily exercise and plenty of vitamins. She has undergone 11 surgeries, including a gastric bypass and skin removal from her legs.

"Yes, there were complications in that surgery after my doctor removed 10kg of skin from one leg and 12kg from another," says the 34-year-old. "But I'm doing fine."

Food is less important to her now.

"Food to me means that I have to eat to live," she says. "Before, it was a living to eat, and now you know, it's just something normal."

Seeking a more active social life, Mayra divorced her husband in 2013 and now has a new boyfriend.

"I want to live," she says. "I'm not diabetic, I do not have high cholesterol. I do not have high blood pressure. I'm okay and my organs are perfect." She relishes her good looks and makes sure that her wardrobe reflects her figure. Though she currently weighs 90kg, she dresses in tight-fitting pants, blouses that show her cleavage and belts to show off her waistline.

"My goal now is to get custody of my sister's two children," she says. "I want to help my mother because she's taking care of them and she's not well."



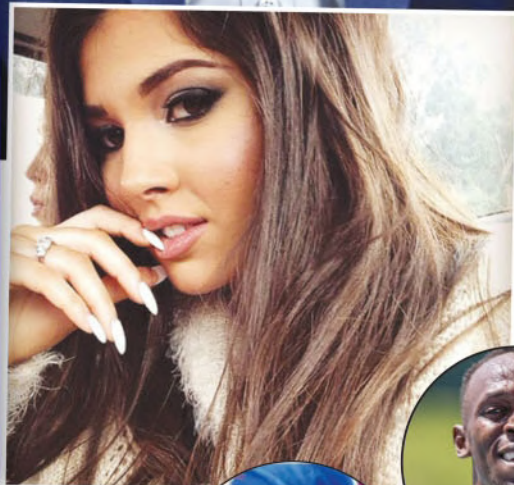
Off The Track

BY VANESSA PAPAS

WE score up the hottest sporting gossip from around the world!

Ronaldo Fails To Score

A ZILLION women across the globe would give their right foot for a chance to date **Cristiano Ronaldo**, but 22-year-old Australian model and make-up artist **Aline Lima** says she isn't one of them. **Lima**, of Melbourne, claims the 30-year-old footie star made repeated requests to meet her, despite her telling him she had a boyfriend. When she rebuffed him, he was 'shocked' that someone had rejected him. According to tabloids, **Lima** started chatting with **Ronaldo** when she 'innocently' messaged him on Instagram to ask if he had received a letter from her boyfriend, Alex, a big fan of Real Madrid. During their conversation, the footballer also asked for the model's number and offered her tickets to see his side take on Manchester City at the Melbourne Cricket Ground during the International Champions Cup match in July. When suggesting they meet up, he said that she should bring a friend. **Lima** approached him again to see if he would meet her boyfriend but it appeared he was more keen on meeting her. "Yes, beautiful. But it is difficult. I do not want to know man. I want to meet you," he replied over Whatsapp. She declined his request, messaging, "No, my boyfriend would not be happy." But the footballer seemed unfazed by the news she was taken, responding with: "No one knows, baby. Quiet." When she continued to say no, he was at a loss as to why she would not co-operate, texting back: "Seriously?"



Collins' Daughter Back 'Home'

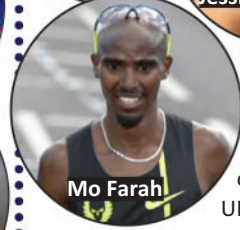
BABY Ayla, the four-month-old daughter of former All Black **Jerry Collins**, is 'doing remarkably well', says her aunt, Nora Dureau, and grandparents Ruth and Darrell Madill. Ayla was the only survivor of a horror crash that claimed the lives of her parents, **Jerry** – a Samoan-born rugby star – and his wife Alana Madill. The couple were killed in a car accident in southern France in June. Authorities are still investigating claims that Alana may have fallen asleep at the wheel as she drove with her husband and then-10-week-old daughter when the car crashed. Police believe **Collins** saved his baby's life by throwing himself over her as a bus smashed into their vehicle. After fighting for her life with bleeding on the brain in a French hospital, Ayla returned to her birthplace in Canada with Madill's parents last month. Madill's sister has also been helping care for Ayla. While the family have said Ayla is doing well, current medical opinion is that, sadly, she will likely suffer ongoing disabilities, the full extent of which cannot yet be known. Ayla will need intense ongoing care.



Usain Bolt



Jessica Ennis-Hill



Mo Farah

Hulk Hangs With Tyson

DESPITE being fired from WWE for a series of racist rants he made at the end of a sex tape recorded a few years ago, **Hulk Hogan** appeared at the National Sports Collectors Convention in Chicago, Illinois, and was seen hanging out with former heavyweight champion **Mike Tyson**. **Hogan** posted photos of himself and **Tyson** on Facebook, with the caption: "I needed someone to cheer me up. Thanks **Mike** much love." We say, some nice PR work **Hogan**, but we doubt you'll be able to clean up your bad rep anytime soon.



Still Months Before Manny's Fighting-Fit

MANNY PACQUIAO fans were over the moon after hearing the boxer's recovery from a shoulder injury had come right 'ahead of schedule' and that he could still return to the ring this year. However, Michael Koncz, the Filipino boxer's adviser, has said there is no way that'll happen and that, at the very earliest, **Pacquiao** will only be back in action early next year. Since his last fight against **Floyd Mayweather Jr** in May, **Pacquiao** has been receiving extensive treatment for a torn rotator cuff he sustained, allegedly in the lead-up to the fight. **Pacquiao** had surgery done on May 7 to repair the tear and has had to have rehab. Doctors warned it would take between six and nine months before the eight-division former world champion was fighting-fit again. "It'll almost certainly be late February or March," Koncz said. "We have actually sent videos of **Manny's** activities to his doctors in the United States." While speculation is rife as to who is next in line to fight **Pacquiao**, his promoter Bob Arum has refused to comment, saying the boxing superstar's rotator cuff will have to fully heal first before deciding on his next opponent.



The Dope On The Latest Scandal

FRESH allegations of suspected doping in athletics have emerged in a leak of 'test data'. According to reports, files belonging to the International Association of Athletics Federations (IAAF) were leaked by a whistle-blower. It's understood the files reveal that a third of the medals (146, including 55 golds) in endurance events at the Olympics and World Championships between 2001 and 2012 were won by athletes who have recorded suspicious tests. It is claimed none of these athletes has been stripped of the medals. More than 800 athletes – one in seven of those named in the files – have recorded blood tests described by one of the experts as 'highly suggestive of doping' or were at the very least 'abnormal'. A top UK athlete is among seven Britons with suspicious blood scores, while other British athletes – including Olympic champion heptathlete **Jessica Ennis-Hill** – have lost out in major events to competitors who are under suspicion. Ten medals at London 2012 were won by athletes who have dubious test results. In some finals, every athlete in the three medal positions had recorded a suspicious blood test. Russia emerges as 'the blood testing epicentre of the world' with more than 80 percent of the country's medals having been won by athletes under suspicion, while Kenya had 18 medals won by dubious participants. The World Anti-Doping Agency (WADA) is investigating the claims. Stars such as Britain's **Mo Farah** and Jamaican sprinter **Usain Bolt** recorded no abnormal results. Athletes are increasingly using blood transfusions and EPO micro-doses to boost the red cell count. WADA is investigating the claims.

E-mail your sports news to vancom@telkomsa.net

Before They Were Famous

BY ANGELA BEKIARIS

TOM CRUISE

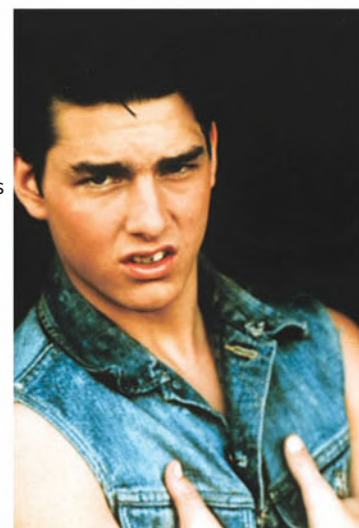
THEY'RE big stars now, but it wasn't always the case...

TOM CRUISE is one of the most well-known actors in Hollywood, thanks to his gorgeous looks and blockbuster film roles. But before the actor became a Hollywood hottie, he was just a normal kid who got bullied. We look back at his past and see what life was like for Tom before he was famous...

- * HE was born **Thomas Cruise Mapother IV** on July 3, 1962, in New York.
- * HE has three sisters: Lee Anne, Marian, and Cass.
- * HIS surname originates from his great-grandfather, born Thomas Cruise O'Mara, who was renamed Thomas Cruise Mapother.
- * HIS father was an electrical engineer and his mother was a special education teacher.
- * HE described his father as abusive, saying he was a bully and a coward. He left his mom when he was young and **Tom** took up odd jobs like mowing lawns to help his mom with the bills.
- * **TOM** is of German, Irish, and English ancestry.
- * HE was bullied regularly at the 15 different schools he attended in 12 years.
- * **WITH** his savings, he bought his first motorcycle when he was 12.
- * **DURING** the late '80s, **Tom**, with **Julia Roberts**, was approached to be the lead in an adaptation of *John Carter Of Mars*, which eventually became a box office failure starring **Taylor Kitsch** in 2012.
- * HE earned his pilot's license in 1994.
- * HE grew up in near poverty.
- * **TOM'S** family spent part of his childhood in Canada – they moved to the Ottawa suburb of Beacon Hill in late 1971 so that **Tom's** father could take a position as a defence consultant with the Canadian Armed Forces.
- * **WHILE** attending the Robert Hopkins Public School in Canada, he first became involved in drama under the tutelage of George Steinburg. He and six other boys later put on an improvised play to music called *IT* at the Carleton Elementary School drama festival.
- * **WHILE** at the school, **Tom** also enjoyed sports including floor hockey, though he was known more for his aggression than his talent.
- * HE took up acting after losing his place on a high school wrestling team due to a knee injury.
- * HE suffers from dyslexia.
- * **TOM** studied drama at the prestigious Neighborhood Playhouse, in conjunction with the Actors Studio, New School University, New York.
- * HE was introduced to Scientology by his ex-wife **Mimi Rogers**.
- * HE started his career at age 19 in the 1981 film *Endless Love*.



Tom with Rebecca De Mornay in *Risky Business*



With Mimi Rogers



Tom Cruise in his teenage years





Vote for your favourite

Trendsetting Celebrity of the Year

- 1 **AKA**
- 2 **Cassper Nyovest**
- 3 **Jonathan Boynton-Lee**
- 4 **Nandi Mngoma**
- 5 **Nomzamo Mbatha**
- 6 **Terry Pheto**
- 7 **The Soil**

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